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Students participate in national conventions

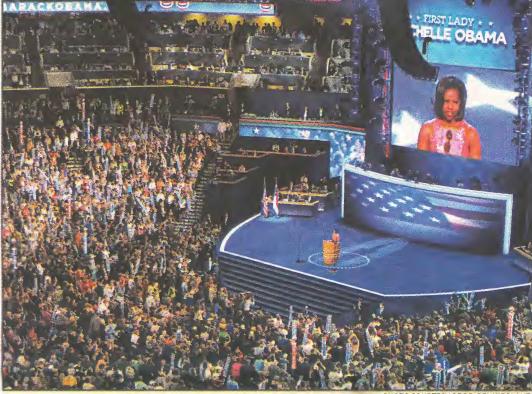
Magnotta, Mihranian and Jones experience politics first hand in Tampa, FL and Charlotte, NC

By ZACH LEMON

Ten students recently had the opportunity to attend the Republican and Democratic national conventions with the Washington Center. In addition to the vast networking opportunities, students gained both academic and handson experience with campaigning and conventions.

"It's a two week program, and the first week is sort of a more typical academic setting, where you have lectures in the morning from 8:30 a.m. to 12:30 p.m., then you have small group meetings in the afternoon where you discuss the lecture, you discuss the readings, you go over assignments. And then the second week you have field work," said Dennis Plane, professor of politics. These field assignments included security details, placements with media organizations, and working with the state delegations, among others.

Junior Derrick Magnotta, who studies politics, worked directly with the Pennsylvania state delegation at the Democratic National Convention. "We had about 300 delegates from Pennsylvania, along with about 100 guests," said Magnotta. Magnotta helped to welcome and credential members of the delegation, as well as helping to meet their transportation needs. He spoke of his fellow staff



The crowd at the Democratic National Convention gathered and eagerly listened to the emotional and inspirational words of First Lady Michelle Obama. 10 Juniata students attended the national conventions.

members' trust and respect for the college interns.

"My ideas were accepted and implemented for logistic planning," said Magnotta. "On the ground as well as when you're doing advanced work and your two coordinators are back at the hotel, they rely on your judgment."

Senior politics POE Carrington Jones worked security at the Republican National Convention.

"I got to work a Kid Rock concert," said Jones. But students did not just have the opportunity to see musicians on stage as part of their work. They met many famous po-

litical figures as well. "I met Karl Rove. I met the former RNC chair Michael Steele," Jones said. He also spoke to former Republican presidential hopeful Newt Gingrich.

"It was weird because he didn't like going through security," Jones went on to say.

Elise Mihranian, junior, also attended the Republican National Convention. As a student studying communication, she had the chance to work with CNN as an anchoring journalist, and interviewed David Keene, the president of the National Rifle Association. Some of these meetings were also impromptu and unscripted. Magnotta had one such experience.

"I shared a cab ride with two people ... and it turns out that I was sitting with Leslie Richards the county commissioner of Montgomery County. She was just an average person who wanted to hear about my experiences as a college student. She didn't want to talk about herself; she wanted to hear about me."

While many of these meetings with political figures were short, the conventions still provided an excellent chance to network with professionals and convention staff-

"As important as meeting those celebrities (is), I think what was actually more meaningful to me was meeting staff," Magnotta said. "At the end of the day, people you

► see CONVENTIONS page 3

Provost wins prestigious award

James Lakso named Chief Academic Officer of the Year

By HALEY SCHENIDER

This year, Juniata's Provost, James Lakso, was named Chief Academic Officer of the Year by the Council of Independent Colleges (CIC). This award was given in recognition of his years of dedication to his job as provost, as well as his leadership in the CIC.

This is no small award, as the CIC is a well-known organization. "It is the largest organization in the United States of private colleges and universities," said Lakso.

The CIC holds a yearly meeting for all chief academic officers, such as provosts and deans. At this meeting a new chief academic officer is awarded each year.

In order to be considered for the award, one must be nominated by other members of the CIC. Although he had been an active member of the CIC for 16 years, Lakso had not expected to be nominated for the award.

"It was a complete surprise," said Lakso. "I had to have been nominated by some other indi-



Juniata Provost, Dr. Jim Lakso, was named the Academic Leader of the Year by the Council of Independent Colleges. Above, Dr. Lakso is seen enjoying the balcony extending from his office in Founders Hall.

viduals who were part of the organization, but I have no idea who they were or what they said in the nomination."

Although he was surprised by the nomination, Lakso can think of some reasons why he may have been nominated.

"I've been an active participant in their program," said Lakso. "I

▶ see LASKO page 4

Juniata changes lives

New writer names Juniata one of 40 best

By JM DUBENSKY

Juniata College is featured in the 2012 edition of "Colleges That Change Lives: 40 Schools That Will Change the Way You Think About College" after the book was updated by a new editor.

"Colleges That Change Lives" is a book originally written by Loren Pope, which profiled his top 40 choices for schools in the United States.

Pope's choices revolved around private liberal arts colleges with approximately 1500 students.

The schools included in the book are based on student and faculty interviews and campus tours. Pope originally visited over 100 colleges, not telling the schools he was on campus. After two years of research, Pope decided on the schools he believed to be the best. Juniata College has been featured in the book since the original edition.

The book also offers extensive information on the featured institutions including admissions stan-

dards, extracurricular activities, curriculum outlines, post-graduation job opportunities and average SAT scores.

"I'd heard a lot about Juniata, but nothing concrete until I read the book," said junior Ellie Coppes. "The book had a lot of statistics and described what I personally wanted in a school. So that sort of got me interested in Juniata and after I visited the school, I decided this was where I wanted to be."

"Colleges that Change Lives" was first published in 1996 with subsequent editions in 2000, 2006 and most recently in August 2012. Following the death of Pope in 2008 at age 98, the latest edition was revised by Hilary Masell Oswald. Oswald conducted visits and interviews to candidate schools to update the book.

Oswald visited all the schools Pope originally included in his book and re-evaluated them. After Oswald's December 2011 visit to campus, she decided Juniata will

▶ see CTCL page 6

Unger, Tate, Lamendella join the Juniata family

New professors seek to make mark on campus and provide valuable knowledge to students

By Louie Nigh

Three new professors have started teaching at Juniata this fall semester. The new faculty include John Unger, assistant professor of chemistry, Regina Lamendella, assistant professor of biology and Leah Hamilton, assistant professor of sociology.

Unger teaches chemistry 321, Organic Reactions which is an advanced version of the Organic Chemistry Concepts course. Next semester, Unger will be taking over for Richard Hark, professor of chemistry and chair of the chemistry department, in teaching chemistry 106, Organic Chemistry Concepts II.

"At some point, Hark and I might switch. He will teach the third year organic courses, and I'll teach the first year," said Unger, "the course will not experience many changes in the transition."

"I think I and Dr. Hark have the same expectations for the students. We don't want to approach the class as a class that weeds people out. We want to support everybody that takes the class and we want everybody to do well," Unger said.

Many freshmen chemistry POE students could be affected if Unger takes over for Hark in teaching chemistry 106 next semester. Freshmen Lisa Yi was concerned but optimistic about the change.

"I am little bit worried, but I don't think it will be a very big problem. I'm sure that most students would get used to the new teacher and the way he teaches,"

Unger had previously worked as an adjunct professor at Pomona College in California. Though he grew up in the area, not far from Juniata and was already familiar with the school when he decided to apply.

Not all professors were familiar with the College before they applied, such as Lamendella. She currently teaches biology 331, Microbiology and biology 389, Biology Research Seminar. Biology 389 is a one credit course that teaches first time researchers the writing skills used in microbiology. This includes how to write a research proposal.

Next semester, Lamendella will teach a molecular techniques course. In this class, she will instruct research students on the use of next generation sequencing. Next generation sequencing is a new, powerful method of decoding DNA strands.

"I think it'll be really nice to show students the power of new technology that has arisen," Lamendella said.

Lamendella finished her postdoctorate research at Lawrence Berkeley. Lamendella remembers being impressed by the school when she first arrived for her interview.

"As soon as I interviewed here, I knew I fit," Lamendella said.

Lamendella says she "came to Juniata because she wanted to have an impact on students at the undergraduate level."

"I really enjoy giving research talks all over campus. I can tell that they're really excited, even if they're not biology majors, because they ask really good questions," said Lamendella.

"I was really really impressed by the diversity of her research. I expected her not to be able to relate to us because she'd be so intelligent," said senior Nathan Wilson. "I think she's definitely a down-toearth person. She's pretty relatable and she just seems like a genuine nice person and teacher,"

Hamilton is a new professor in the sociology department. She teaches social work 231, Social Problems and Social Welfare and social work 332, Macro Social Work Progress. Hamilton is also working to find placements for social work students, especially at the JC Blair Memorial Hospital in Huntingdon.

After receiving her doctorate, Hamilton chose to apply to Juniata because she wanted to work in a small school that was focused on teaching.

"The faculty and students have been very welcoming," Hamilton said. "I made the right choice."

Hamilton worked as a social worker for five years before she started her education in social work. Before coming to Juniata, Hamilton was an assistant professor at the University of Arkansas.

"In the past, I've never worked with students that are as dedicated to making their campus inclusive, committed to creating a community," Hamilton said.

Lamendella described her new schedule as being "very busy."

"The other day, I got here at 4 a.m because the second half of my lectures didn't save. I came here at 4 a.m to finish the lecture, which I had at 9 a.m. I literally fell asleep eating my sandwich," Lamendella said.

"It's a good hectic, I must really like what I'm doing," said Lamendella.

"The most important issue now is getting used to the curriculum," said Unger.

"Most colleges introduce organic chemistry in the second year. Here, organic chemistry is introduced in the first year. I need to bring myself up to speed with how that is taught," Unger said.

The new professors felt that the students at Juniata are excellent.

"I am very impressed by Juniata students. They are always on time.

They are very enthusiastic, very intelligent. They are humble in a good way. They are just a fantastic group of individuals," Lamendella said.

About the faculty, Lamendella said, "I get along fabulously with the faculty in our department. They've all kind of taken me under their wing."

"The department is really great. Everybody within the department is very nice," Unger said.

The professors were also impressed by Juniata students' study habits. "They're very enthusiastic about their research. I think it's always impressive to see a student here on a Wednesday, Thursday, Friday, any night in the building going over notes or reading their books and not at home watching television," said Unger.

Lamendella noted how prepared students are for her daily quizzes.

"My understanding is that they're coming to my class fairly prepared. I see students around all the time. I'm here at nine or ten at night and the hallways are just littered with students doing work. I would say they're a fairly studious bunch."

The professors believe this goes back to a sense of humility which they feel is unique to Juniata College.

► see NEW PROFESSORS page 4

Art and archeology meet alcohol to fulfill IC credit Baran and Benson instruct course, utilize vineyard behind Brumbaugh Academic Center

By MATT ELIAS

"Wine in a Vessel" is a new fourcredit IC course at Juniata. This class explores the world of wine, from its history and archeology, to actual winemaking and, yes, tasting.

The course is the brainchild of Associate Professor of Chemistry Dr. Peter Baran, and Assistant Professor of Art, Bethany Benson. Its seed was planted when Dr. Baran was on sabbatical, traveling through wine regions across the United States.

Baran noticed that unique ceramic goblets were often used to drink wine, instead of the more ubiquitous wine glasses. Dr. Baran knew that a partnership with ceramic artist Benson would be a natural when formulating the course. Together they have created a course in which students can learn the integral part wine has played in cultures across the globe for thousands of years.

"Previously, wine in a vessel is a class I was unaware of," said Brendan Smith, freshman. "However, after gaining an understanding of what this class offers I will be enrolling after I become of legal age."

With the help of archeology consultant Jonathan Burns of AXIS Research, Inc., students dig into the history and archeology of wine. They also discover how to grow grapes, make wine, and create ceramic vessels in this very hands-on course.

Exactly how did a professor with a Ph.D. in organic chemistry and specialties as far-reaching as x-ray crystallography, magnetochemistry, spectroscopy, and chemical synthesis develop such a passion for wine?

"I grew up in Slovakia, where

many people make wine," said Baran. "My home was very important for growing grapes, and I was always around [wine-making] activities."

After his move to Huntingdon about six years ago, Baran began making his own wine. He then brought his expertise to the Juniata campus through his courses, "Wine Chemistry I" and "Wine Chemistry II."

These courses teach students about fermentation, reactions, phenols and chemical analysis through the process of winemaking. When he saw how positively students reacted to the classes, he decided to plant a vineyard right on campus.

Directly behind Brumbaugh Academic Center resides 177 grapevines comprised of two varieties of white wine grapes (Riesling and Traminette) and three varieties of red (Lemberger, Cabernet Franc, and Zweigeltrebe).

"After seeing the vineyard behind BAC I was immediately drawn to Wine in a Vessel," said Eric McCarthy, sophomore. "I can definitely picture myself taking this class down the road."

Students taking "Wine in a Vessel" not only spend time in Juniata's vineyards, but also get to see professional wineries. Trips to the Briar Valley winery and a trip to the Finger Lakes enable students to learn about the different varieties of wine, how to grow grapes and the process of winemaking.

Benson echoes Baran's sentiments about the importance of wine on cultural and personal levels

"I've always appreciated good wine pairings with food," said Benson. "Wine is a consideration in my own ceramic work, because my work focuses on interacting with people. A little drinking facilitates conversation and social interaction that would previously not take place."

Those who were fortunate enough to see Benson's gallery show, "Intimate Interactions," saw for themselves how Benson uses her ceramics to engage all of the senses on a very personal level. Benson's creations dovetail with the experience of wine tasting.

Benson explains that the creator of a cup "has made the lip of that cup for your lip to fit on." Students in her class will transform clay to cup, creating a unique vessel for the wine tasting portion of the course.

"The Wine in a Vessel class allows me to combine my interest in wine and my interest in ceramics,"

said Ryan Shelton, freshman. "For me, this is the perfect course."

Baran and Benson's class translates to the "real" world. Dr. Baran enthusiastically proposes that "Wine in a Vessel" serves an important purpose beyond what is learned in the classroom.

"Many students are from rural, central Pennsylvania and want to stay on family farms," said Baran. "So I wanted to give them something different to grow."

According to Baran, wine could be an important addition to a family's agricultural business.

In a nutshell, "Wine in a Vessel" is the perfect course for students who are interested in learning about different cultures, history, archeology, art, and some science, all through the lens of the wine grape. Plus, students have the chance to drink some wine along the way.



Political powerhouses assemble on national stage to teach Juniata students the way of the trade

THE JUNIATIAN

▶ from conventions page 1

spend a week with working 22 hours a day with, they're going to remember you. You have a bond."

According to all accounts, the work schedule was intensive. Mihranian's day began at 5:30 a.m., and she was required to be in the convention center lobby by 6:30 a.m. She described her frustration with the "complete chaos" surrounding the fieldwork. Magnotta worked from the early morning until 10:00 or 11:00 p.m., and then helped to staff the after party reception. In addition to these grueling hours, students also had tasks from the Washington Center.

"The TWC wanted you to get six interviews. Some people are working inside, and they're going to have time to do it. Half of my time was spent outside, and then when I was inside, it wasn't a social gathering," said Jones of his responsibilities.

The common theme in each student's account was a renewed desire for their fellow students and citizens to vote

"As far removed as politics seems from our daily lives, it really does matter, and it's going to affect our generation more than ever," Mihranian told me. Jones repeated her concerns.

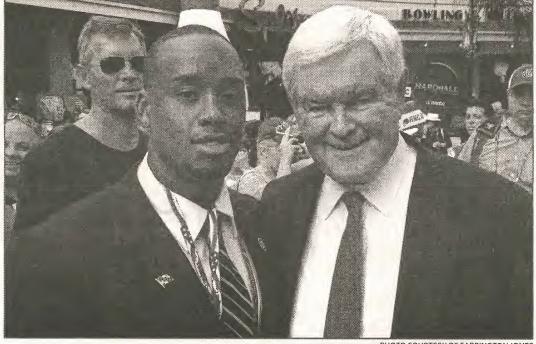


PHOTO COURTESY OF CARRINGTON JONES

Senior Carrington Jones stands with Newt Gingrich who was a presidential candidate for the Republican Party in the 2012 presidential election as well as former Speaker of the U.S. House of Representatives.

think that your vote does not count, but voting is possibly the most important thing you can do for yourself and your country," said Jones.

Jones cautioned students who are interested in attending the conventions that they should know what they're getting into. Mihranian

"Get out and vote. You may also offered advice. "... follow the campaign. There's going to be a lot of conversation and you want to be informed." Although the convention experience was marked by sleep deprivation, chaos, and rigorous academic expectations, all three of the students had life-altering experiences and memorable moments.

"The energy, the pure excitement in the room when President Clinton spoke; there's something incredible about being a part of 18,500 people who are all hearing the same words, and knowing that these words are going out to tens and tens of millions of people,"

said Magnotta of Bill Clinton's speech. Jones recalled a very different moment that stood out to

"There was a night that we were there, and there were these guys leaving, and two guys jumped a fence. Secret Service guys said 'Did you see them jump the fence?' and I said 'Yeah,' and the Secret Service guys just jumped the fence and tackled them." These conventions taught important life lessons to the students about the working world.

"Always look professional because you never know who's going to be around. You can stand around outside a doorway with your hands in your pocket drinking coffee, or you can be actively engaged, trying to step up," said Magnotta.

By being able to witness keynote speakers and the inner workings of the parties, students also were provided a first-hand, untelevised look at the interaction between politicians and the news.

"I'm seeing this interaction between the media and politics. I'm seeing how politicians try to spin information to get a specific focus in a media story and I see how the media tries to strip away the spin to try to present what they see as the real and significant news," said

Sodexo goes green to save environment and taste buds

Juniata senior Joel Rhodes works with head chef Matt Yoder to increase sustainability on campus

By GAVIN EDGERTON

Juniata College food provider, Sodexo Incorporated, has started working on a campus-wide effort to increase sustainability. Senior and Student Sustainability Coordinator Joel Rhodes is working directly with Sodexo and Head Chef Matt Yoder to decrease the amount of waste produced by Juniata Col-

According to Juniata Head Chef Pat Goodman, Sodexo has always strived to create the best possible environment not just for their employees but also consumers.

"Sodexo is a leader in sustainability. We are very good at getting food locally and using the product as best we can, we really try not to waste," Goodman said. "It's definitely important to Sodexo to be conscious of what we are doing and the environment around us."

According to Goodman, Sodexo is also a leader in corporation ethics. Sodexo purchases coffee from fair trade producers who produce coffee ethically.

"Right now we are talking about to-go packages. It's something every student uses and we need to make it more recyclable. More and more students are taking food out of Jitters and Eagle's Landing and if we could cut down on that it would be huge," said Rhodes.

According to Rhodes the packaging used for Sodexo food is not currently recyclable for all to-go meals.

"Juniata and Sodexo are working towards a cleaner environment. We do recycle but a lot of times things are thrown out that could have been recycled," Rhodes said.

Yoder and Rhodes have already laid out the floor plans for their first recycling campaign.

"We are meeting with Jeff Meadows, facilities supervisor, to work on a few ideas to encourage recycling. One of our big ideas is to paint landfill symbols on trash cans so that people think about what they're throwing out," said

Rhodes. "The psychology behind it is that if people know they are going to be adding to a landfill they will be more careful about what they throw out."



If people had the option to recycle and compost I believe they would every time. People want to have a clean environment, but it has to be a community effort. - Senior Joel Rhodes

Christine Sumner, sophomore class president, recognizes the need to improve recycling and sustainability on campus. "It's important to keep Juniata clean. The longer I live in East the more I realize we need to start not just

initiatives for recycling but also for throwing away trash in general. It's sad to see garbage out in front of East and in other places, especially after the weekend. It's like people don't take pride in their home,"

said Sumner.

Another project that Rhodes and Yoder are working on is composting food that would otherwise be wasted.

"Not a lot of people know this but Juniata was part of a pilot program called Lean Path. The idea behind it was to weigh all of the waste that is cut off vegetables, fruits and meats before it's even served. By weighing the pre-consumer waste Sodexo employees were more careful about how much waste was produced and we cut down on pre-consumer waste by about 36 percent," Rhodes said.

According to Goodman, creating a composting system at Juniata would be extremely beneficial. "We could compost most of the food wasted and give it to the college farm or sell it to local farmers. It's definitely a real possibility because it would help out a lot of things," Goodman said. "It might not make the college any money but it would help build to a more sustainable environment.

Rhodes thinks that an excellent way to start the composting initiative would be for Juniata to purchase a composting compressor to put in Baker.

"The compost compressor would be great. If people had the option to recycle and compost I believe they would every time. People want to have a clean environment, but it has to be a community effort," Rhodes said.

'Sodexo does not plan on composting. However, we are considering positioning ourselves to have all food waste diverted for a composting program. There are details that need to be worked out. To create a composting system would take the buy in of the school, education and awareness of students. Participation is key," said Yoder.

According to Yoder creating a cleaner and more environmentally friendly campus would be a huge group effort. Sustainability would need to be taken more serious.

"We need to address the issue, create a mandate and begin educating and bringing awareness to the issue in order to begin to change mindsets and expectations. Like Joel said, the expectation on campus regarding violence is that you will most likely be kicked out of school. So what is the expectation for how we live and work here at Juniata? How do prospective students view our sustainability efforts compared to other schools?" Yoder said.

Sophomore Rachelle Wiegand echoes Yoder's message. "If people were more accountable to what they throw away or even if they throw it away, Juniata would be a

► see SUSTAINABILITY page 6

GJ'S HOME RUN HOT DOGS

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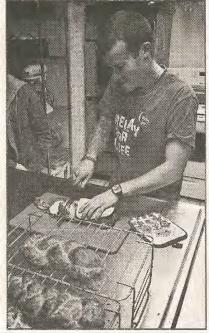
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HOME RUN DOG: MUSTARD, KETCHUP, PICKLE RELISH, ONIONS	\$1.70
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TEXAS TACO SALAD: BAKED SHELL, CHILI DOG SAUCE, SHREDDED CHEESE, LETTUCE, TOMATO, ONION, TACO SAUCE,	······································
SERVED WITH SALSA AND SOUR CREAM.	\$3.QE
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TOMATO, ONION, TACO SAUCE, SERVED WITH SALSA AND SOUR CREAM.	43 OF

Planting Seeds -

News & Features







DYLAN MILLER / JUNIATIAN

Left: Sophomore Morgan Knepp braids the dough and gives the challah shape. Right: Senior Seth Weil cuts challah and begins to pass pieces around to the eager participants Bottom: Bill Wallen from the Greater Altoona Jewish Federation gives talk on Jewish scriptures and its symbolism.

Turbo Vote





Top: Students gather together on Friday, September 21st, to encourage their peers to register to vote through the use of a program called TurboVote as put on by the JC Democrats and Republicans. Bottom: Students gather together on Friday, September 21st, to encourage their peers to register to vote as they put on festivities and a barbecue.

Juniata proud of renowned leader's dedication to the students and school alike

▶ from LASKO page 1

have done presentations there on budget and the budgeting process, internationalization and other topics. So I think I've been in the organization for a long time, and I don't just got to the meetings, I'm an active participant."

Tom Kepple, the president of Juniata, agrees that Lakso has many attributes that made him a good choice for the award.

"Not only has he done good things with Juniata, but he's done lots of service with CIC too, teaching courses and helping other deans and provosts become better," said Kepple.

Lakso was pleased to receive this title, especially because it comes at a good time for him. "I was honored," said Lakso. "I'm retiring this year, in the spring. The fact that it comes the year I'm retiring, it's just sort of a nice way to go out."

Lakso has been at Juniata for 43 years, beginning his career here right after graduate school. He was appointed to the position of provost by President Kepple in 1997.

Lakso's career as provost has been a busy one, as he is responsible for many aspects of the college. "As the chief academic officer, provost, I'm really responsible for two areas. One is the academic programs, so all of the department chairs report to me basically," said Lakso.

"The most important thing, I think, that a provost does is to supervise and monitor the hiring, tenuring, and promoting of faculty; so questions about who we hire, who we offer promotions and tenures, that's our collaborative process, but the provost has to be at the center of that," said Lakso.

President Kepple agrees with Lakso on the importance of making good decisions about who to hire at Juniata, and believes that Lakso has done this very well.

"He's hired about 70 percent of the current faculty," said Kepple. "We have a terrific faculty here, and certainly Jim's influence has been part of the current group of faculty members we have on campus. That's going to last for many years ahead as these faculty members stay and continue their employment at Juniata College."

Although most students at Ju-

niata do not know Lakso personally, they are affected by his decisions on who to hire. In this way, Lakso has made a positive impact on many students' lives.

"The teachers here at Juniata teach their students how to not only answer questions, but to question answers," said freshman Darrin Williams. "They fuel the minds of tomorrow with innovative and creative ideas."

While Lakso admits that his career is demanding, it is also very rewarding. "It's fun. I've enjoyed it," said Lakso.

One aspect of his career that Lakso enjoys the most is working with faculty.

"For me, the most important thing that a provost can usually do is to get out of the way of faculty who have really good ideas, and to try to find and help them get the resources they need to carry out those ideas," said Lakso.

"I think our faculty generally are very student oriented, so when they come to me looking for what is usually a small amount of resources to try to develop a new program or to push a new idea, the fun part for me is to be able to find those resources and say yes to them," Lakso said.

It is this positive attitude that has likely made Lakso a successful provost who is able to meet the needs of the college.

"He's been a great team member. We've worked well together of these last 15 years. It's been a pleasure to work with Jim," said Kepple.

"I think he is very approachable. He's open to ideas, but there are also hard decisions that have to be made as provost, and he's made those decisions, and while doing that, still kept the respect of the faculty," said Kepple "Its hard to make difficult decisions and to have the respect of the faculty, and Jim's been able to do that better than any provost I've seen, and that's why this award was so justi-



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Storming of the Arch





JEFF BRUZEE / JUNIATIAN

The Juniata freshman class charges toward a large group of upper class athletes in hopes of making it through the arch of Cloister Hall during September's Storming of the Arch event.

Columbian women's rights delegation draws JC student Senior Emily Rowley travels to South America to fight for civil liberties and understanding

By Tommy Imbrogno

Senior Emily Rowley went on a three-week trip to Colombia this past summer through Christian Peacemakers Teams for a peace delegation focusing on women's rights.

Christian Peacemakers Team Colombia delegation cost \$2500 for a United States citizen. "I covered almost the entire cost of the trip by having several fundraisers. This included a dinner at the Stone Church, a dinner and donations at my home church, the North Apollo Church of God, a 15 percent benefit day at Standing Stone Coffee Company, asking friends and family for large donations and door-to-door donations," said Rowley.

Rowley also had support from the Juniata staff. Lynn Cockett, associate professor of communications, said, "My job was mostly to be a local person in what she would consider her home church, to be a liaison and to help the church know what she was doing."

The trip was based in both the capital city of Bogotá and the rural Magdalena medial region in Colombia. "I have friends that live there so for the past few years, I've been looking for a real reason to go. I was trying to find something to do and not just to go to see my friends. As soon as I found out about the trip, everything just kind of clicked," said Rowley.

The focus of the delegation dealt with women's rights and how these rights directly related to the main drug cartel in Colombia. "Christian Peacemaker Teams are not about going to other places in the world and trying to make others change their beliefs. They are about encouraging and developing peace. Christian Peacemaker Teams are only following their religion, not trying to persuade others to follow their religion."

The group met with 15 to 20 organizations in a matter of two weeks. "It was kind of crazy, we were meeting anywhere from two to four organizations per day," said Rowley.

Displacement is another problem in Colombia. People from the United States and Canada will buy a piece of land and plant palm trees. Rowley said, "In order to get the land, they are forcing millions of people from their homes. They then have to move to another location, which is a huge deal for people. There are some families that have done this three or four times in their lifetimes."

The government is in correspondence with different paramilitary groups that will kill families if they do not move from their homes. "You may associate palm trees with the beach, thinking 'not a big deal.' But no, there are fields and fields of palm trees, even be bigger than cornfields here," said Rowley.

Everyone who is displaced is put in a small home with little space. "Their entire house is the size of my living room at home and that is for four or five people. It is absolutely absurd," said Rowley.

Rowley said, "I think the most important thing I can do is share

other people's stories because I can give you facts and statistics, but they are not personalized. The real life stories are what is important."

The police force does not work on the weekends in Colombia. When something happens to a civilian, they have to wait until Monday to report anything to the police. "The problem isn't that Colombia does not have laws, it's that no one is enforcing the laws," said Rowley.

One of the organizations Rowley's group met with was celebrating their 40th anniversary on July

I wanted to be an equal and viewed as an equal, so that was something I definitely struggled with.
We are all human beings.

20, which was also Colombia's Independence Day. Rowley said, "While we were meeting with them on a Saturday or Sunday, a woman was banging on the door. The leaders of the group brought her inside. It turned out she was escaping her boyfriend who had been beating her. This was a first hand account, we saw them in action."

The organization is open twenty-four hours a day and seven days a week. Rowley said, "They took the woman to a back room somewhere in the building to get her story. However, because it was the weekend, they sent her to a safe house and made plans to take her to the police station that Monday. It is really difficult because in that amount of time, she can decide to go back to her abusive boyfriend."

In many instances, victims of domestic violence have kids and are unable to support them financially. "It's a completely machista culture. The woman must stay home and do housework, which is a job in itself and they do not get paid for it," said Rowley.

Schools in Colombia do not have bathrooms and can be described as a pavilion or gazebo. "It's a completely different world. I don't think many United States citizens realize it exists or they don't think we could relate to these people, but we can," said Rowley.

Professor of Spanish Henry Thurston-Griswold said, "Colombia is a very tragic situation and it is one that we are largely unaware of here in the United States. Since 1948, Colombia has experienced all kinds of political violence and that has had all kinds of ripple effects on the society. People have been forced to relocate because of the violence that is taking place and because of what happens with the war on drugs."

Rowley also spoke of a first hand account dealing with the Coca-Cola Company. Rowley said, "Since being in Columbia, I no longer drink Coke products. We met with a union of different food and drink companies and the women who worked there told us stories of inequality in the workplace."

Today in the United States, women will earn at least twenty percent less than men on average per year. Rowley said, "With the Coca-Cola Company specifically, one woman who we talked to and another man had the exact same job and did the same things everyday. He got paid in a higher pay bracket even though he wasn't doing anything extra. It may seem like it is not a big deal but between each bracket there could be the difference of a few thousand dollars a year. This is important for Colombians."

She plans on contacting Coca-Cola to let them know what is going on. "It's just unfair they are doing the same amount of work for uneven amounts of money," said Rowley.

Rowley is a member of the Language in Motion group at Juniata. She is in the process of creating a Colombia presentation. "I am going to make it age appropriate for children between elementary to high school," said Rowley.

Thurston-Griswold said, "I think it would be great if Emily put together some type of presentation on her experience. It's great that Emily had a chance to experience something like this. There is some real value in being able to witness for yourself, engage with and talk to some of the people there."

"Being unaware of the situation in Colombia, it would be nice to become aware of what is taking place there," said freshmen Julia Mathis.

Cockett said, "I don't think many people know much at all about Colombia. I think it would be a really good opportunity for Emily to use whatever chance she can to do a presentation. Every fall, we have summer internship presentations. Even though this wasn't an internship, Emily could potentially speak to people through Career Services and set up a presentation that way."

Rowley said: "I was helping them as much as they were helping me. They probably helped me more than I was helping them with my education and opening my eyes on the reality of the situation. I wanted to be an equal and viewed as an equal, so that was something I definitely struggled with. We are all human beings.

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Sodexo follows Juniata's path and recycles

▶ from Sustainability page 3

lot cleaner right off the bat. I think we could eventually become a sustainable campus but we need to start at the ground level, which is taking pride in our campus," said Wiegand.

Juniata has already started making the campus a more environmentally friendly campus.

"Last year Juniata changed their freezer from water cooled to compressor cooled and the decrease in water waste was astronomical. The new freezer does not use any water. Things like this and the Lean Path program makes a big difference but they still are just small steps," Rhodes said.

According to Rhodes the only way to build a self-sustaining campus is to make progress through increments.

"There is not one main goal. The overarching goal is sustainability. Reducing waste getting, more local products, using less water, using less electricity is not just

Fresh faces have high expectations at JC

Sodexo goals, it's the student body and Juniata's too," Rhodes said.

Rhodes admits it will not be an easy task to increase sustainability at Juniata College; however he believes Yoder is the man to do it.

"It's difficult to keep organized because students are coming and going but I think Matt is a huge asset. Matt's new to the area and he's bringing a lot of fresh and exciting ideas. He is bringing in a different outlook so I am excited to see where it goes from here," Rhodes said.

Roving Reporter

What is one piece of advice that you would give to Freshmen?

"If you need help, don't be afraid to ask for it."

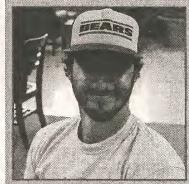
Gabby Ricciardi, '13



"Bring your own

Ben Krouse, '14

toilet paper."



"Never give up. Never back down."

Mark Feiler, '15





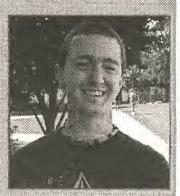
"Balance is the key. Don't let your work suffer, but don't let yourself suffer emotionally either."

Rachel Reimer, '13



"Get your FISHN credits out of the way early so you can do as little as possible senior year."

Alex Weimer, '13





"Get to know offcampus housing so you know your options when the time comes."

Sarah Hayes, '14

"Don't skip class because every day of class costs you hundreds of dollars."

Elise Panko, '13

PHOTOS BY BESSIEWEISMAN / JUNIATIAN



they're in," said Unger. "Here, I feel like the students are very positive. A lot of you are probably first time kids going to college. I think that's very unique to a place like this where students are just so excited to be here because they want to be here," said Lamendella.

types of students come with a lot of humility. They're not entitled. I think Juniata students are very ap-

preciative of the environment that

All professors expressed their desires to provide an engaging classroom experience.

"I believe that students learn the most when they're challenged to think and interact and discuss ideas. I think they get the most from hands-on learning," said Hamilton.

Hamilton's class recently analyzed two Wall Street Journal articles from two opposing political viewpoints. They then used them as a basis for a debate about the role of morality in modern politics.

"I try as much as possible in the classrooms to have discussions, real-world examples and projects so the students are challenged to really practice what we're reading about theoretically," Hamilton

Different professors have different ways of fostering classroom engagement.

"I do a lot more problem based learning in the classroom. That's where learning comes in," Lamendella said. She described herself as literally sweating as she 'floats



ALL PHOTOS JEFF BRUZEE/ JUNIATIAN

Clockwise from Upper Left: Professor Leah Hamilton, Dr. Regina Lamendella, Dr. John Unger

around the room' to check on students' progress.

"She always gives us articles of emerging research in microbiology. We always discuss it, we always talk about it and it always relates to what we're learning. It's always really cool research too. Today we learned about how viruses affected mammals' evolution," Wilson said.

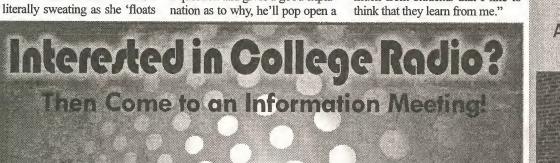
Christopher Cueto, a sophomore in Unger's Organic Reactions class, said Unger is "working to involve students in his classes.

"He's really trying hard get us out of our shell. He asks a lot of questions. If someone does answer a question and gives a good explapack of gummies," Cueto said.

In all, the professors wanted their students to know that they value their students' input.

"If it's not for you, I wouldn't have a job. I always want to ask, 'How are things going? Do you like this lecture? Do you like this activity that we did?' If you don't, tell me, great, I won't continue doing things this way," Lamendella said.

"There's always room for improvement," Unger said. "As long as you're willing to work, I'm willing to work. I think that being a teacher is not just standing up front and telling them things. I learn as much from students that I like to



Date: October 3rd, 2012 Time: 7-8:30 pm

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14 beagles and counting: new professor's puppy love

JUNIATIAN

New professor and animal enthusiast Ann Echols begins Juniata career with many furry friends

By NATASHA LANE

Ann Echols, associate professor of accounting, business and economics, was welcomed into the Juniata College family this year.

Originally from Dallas, Texas and a graduate of Texas A&M, she moved to Huntingdon to accept the offer from Juniata. With her, she brought her husband, daughter, Karina, four rabbits, three guinea pigs, three cats, two mice and of course, her 14 beagles.

Five of the 14 beagles are blind. "I think I was just born with it. Whenever we said our prayers at night, I would always say and 'bless all the animals" said Echols.

From a young age, Echols knew she had a love for animals, and she has been adopting animals for years now.

Though she is a lover of all animals, it seems she has special place in her heart for beagles

"I liked Barry Manilow as a kid," said Echols. "He had a beagle on the back of his album cover. It was cute, but the truth of the matter is that beagles are very social. There's none of this, 'I'm dominant'... they have determination and you just have to admire that."

Even though there are many animal lovers in the Juniata College community, several would still wonder why so many beagles.

"It just happened," said Echols. "Once you have four what's another, you know? The most we've had is twenty-two at a time,"

Despite the number, Echols believes that animals have a lot to offer and teach humans.

"I believe, as humans, our job is to respect what we can learn from animals," said Echols. "They are wise in many ways. They



Professor Ann Echols of the accounting, business and economics department is surrounded by ten of her fourteen beagles, five of which are blind.

can often see better than us, hear, smell, navigate and adapt. I we have a lot we think learn from them. So I don't think man is the dominion who ranks over everything. I think we need to learn how to live in harmony with nature."

It is clear that Echols has strong feelings about animals and their care, but many would wonder if she considers herself to be an animal rights activist.

"That's a controversial topic," said Echols. "I support animal rights, but the rights people sometimes take it a little too extreme for me. So I'm not a PETA person, but I don't have a problem with PETA people. I walk more in the middle."

With so many new opportunities in her life, it is hard to imagine how Echols juggles it all. She does not

think it is that difficult.

"The dogs are easy, it's unbelievable," said Echols. "We feed them of course and leave water out for them, but they basically take care of themselves." Blind dogs map. They have an amazing mental capacity to know where they are. They hunt, they jump. They're not like bumping into walls or anything. They're just like normal dogs."

Along with caring for so many animals, Echols also has a fourteen-year-old daughter, who was adopted from Ukraine through a service project that helps Ukrainian orphans make the move to America.

"We weren't looking to adopt," said Echols. "We just wanted to help the kids."

Both she and her husband

worked on the project with the sole purpose of helping the orphans. but instead they found another addition to their family.

"One Sunday afternoon we were playing with the kids and there's this little girl sitting off to the side," said Echols. "I looked at her and said 'I think I might love that little girl."

With time, the Echols got to know the girl more and finally asked her to become a part of their family.

It can be easy to see Echols' generosity and kind-heartedness, but she doesn't view herself that way at all.

"It's totally selfish and having a kid is selfish," said Echols. "I'm overjoyed to be a parent. She's not the one who benefits. I am and these dogs, they give me love. I'm

the one who needs 'pet therapy.' So I'm the one that is selfish," said Echols.

Echols may be humble, but her actions are admirable. Economics Professor, Bradley Andrews definitely feels that Echols is acting just by taking in so many animals.

"I think that's very noble of her and very kind hearted of her to take in these animals that many other people would send to an animal shelter where, in turn, they would be euthanized," said Andrews.

Sophomore, Carly DerBernadis, is a student in Echols Management Process class. She believes Echols is doing a great deed.

"I think she's a great professor and I feel that she is doing a great thing for the community and for the animals when she has fourteen beagles," said DeBernadis.

Maverick Force, another sophomore in Echols' class, admires her for taking up such an overwhelming task.

"I would never have fifteen dogs, but when she's in class she talks about her dogs sometimes and she seems really enthusiastic about it and genuinely likes to do it," said Force.

Freshman, Brittany Jasper, an animal lover herself holds respect for what Echols is doing for the animal community

"I think that's just a great accomplishment for her," said Jasper.

One thing is certain, Juniata is lucky to have a professor like Echols. However, she feels that she is the lucky one.

'Juniata is a special place ...the students are smart and humble ... students take classes with all backgrounds of interest, said Echols.

"You don't get that at other schools."

Difficult colleges search are still made easier by the help of Oswald

▶ from CTCL page 1

be included in the latest edition. Director of Enrollment Relations, Brett Basom, helped coordinate Oswald's visit.

"One of the things that we tried to have Oswald do is meet with students and faculty," said Basom. "Those are the people that sell the institution, not the admissions people. I think she found that students are at the center of life at Juniata."

Dean of Enrollment, Michelle Bartol, explained that the Enrollment Center assisted Oswald in her visit but was not directly involved in her research.

Instead, Oswald met with students and faculty attended classes.

"I haven't talked to Hillary since she visited though we weren't really allowed to," said Bartol. "But I think she had a phenomenal time when she came. She was here from eight in the morning until seven at night, and she had a great time."

John Wall, director of media relations, explained this edition of "Colleges That Change Lives" is important for its updated information and new list of colleges.

"The old edition just had older information in it," said Wall. "It talked a lot about programs we didn't have any more. It was really out of date, and mentioned some stuff we just don't emphasize anymore. So now, it's just more accurate."

guidance counselor thought Juniata was a good pick for me," said sophomore Laura Vannucci. "The book told her about individualizing your POE, showed that Juniata was a small school and listed the student to faculty ratio and overall thought that a smaller school like Juniata would be a better fit for me."

"But the real news in this edition are the four schools that didn't make the list," said Wall. "And four more were added. They had said beforehand that they weren't keeping everybody in - so all forty colleges were worried they wouldn't be included. So when we found out we were included, I did a press release on that and sent it out."

Four colleges not included in the newest version of the book are An-

Delivery

tioch College, The Evergreen State College, Hampshire College and Hiram College.

As for Juniata College, Oswald wrote, "It's no surprise that Juniata students express hope and eagerness when they talk about their future."

"We made it into the first edition," said Bartol. "Back then, we didn't know it would be such a big thing. It's hard to break through all the noise to make people know that this school is a great place. The book puts us on the map there's no doubt about it. It puts us on a list for people to look at."

The book also helps in less direct ways. Senior Zeljana Varga said she and her friends did not take the book seriously, but it still got her to Juniata.

"I was kind of scrambling for schools, so a friend and I flipped through the pages," said Varga.

"I remember we found the school with the funniest name we could find, 'Juniata.' We were kind of making fun of the book, but we still went on Juniata's website to check it out. I saw that Juniata offered Peace and Conflict Studies, which I was interested in and I ended up coming here."

"Colleges That Change Lives" impacts students that are looking for their perfect college.

According to Basom, the book especially helps bring in students from out of state. Not only does the book affect out of state students but in state students as well.



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Commonplace in "Real Life" usually means nonexistent at Juniata

EDITORIAL

There is a reason why movies like "Slumdog Millionaire" hit home for so many Americans: because they spend too much time on the phone with people that they do not know. Over 500,000 jobs have been outsourced in the United States since 2000. The biggest culprits of outsourcing are information technology companies.

Having a problem with your phone? Talk to a nice gentleman from India. Want to change your Internet connection speed? This woman from Uruguay will be glad to help you. Language barriers and distance aside, the one factor that is lacking among these transactions is trust. Paying money to and accepting terms and conditions from a company means that you should be able to trust them to help you personally in the event that something goes wrong with your items or services. Yet it is a seller's world, and the customer is not always right anymore, the globe is shrinking and it is commonplace to speak not only to strangers down the block or halfway across the country, but halfway around the world.

Commonplace in the real world usually means next to nonexistent on Juniata's campus. Private colleges offer students something that is rapidly declining in the rest of society: trust. A private institution, aided by the quality of being small, is able to afford certain luxuries to its students that they would otherwise be unable to receive. One of these luxuries is putting trust and humanity back into the day to day interactions of a young adult.

Non-emergencies are put on the back burner of police and medical service providers, yet at Juniata, Public Safety is on call 24 hours a day, seven days a week to help students whether they are being attacked, or just need a safe ride home. If you are underage and intoxicated in the real world, if you get caught by a law enforcer, you can bet that you'll not only get slapped with an underage, but you might be facing jail time. At Juniata, we take care of our own, freshman and upperclassmen alike are expected to drink at some point in their college career, and campus student's are not only technology resources are in place to keep them safe, not to make busts.

At Juniata, if you have a problem, question, concern, or just want to be heard, any student can sit down with professors, the dean, the provost, or even the president without a huge hassle. Want to change your meal plan to something unique? Have a seat with the Dean of Students, Kris Clarkson and he'd be happy to accommodate you. Need someone to talk to about a personal issue? The Health and Wellness center allows students 10 free of charge visits to the school's own licensed counselors. Is there a distinguished speaker on campus in your Program of Emphasis? You might get selected to have dinner at Mimi's with them along with President Tom Kepple and Provost Jim Lakso.

To get technology support, the Technology Solutions Center is on hand to help out students, faculty, and staff. Having a problem with your computer, smart phone or tablet? Bring it to the help desk, which is staffed by students every week night until midnight. These savvy and know Eagle Net in and out, but they are friendly and their job is to look you in the eye and help you with whatever issue you may be having.

When student's have a problem with something in their room, the Residential Life staff, along with Facilities works hard to make sure the problem is remedied quickly and attentively. Rules can always be bent in favor of the students, asthmatics have permission for air conditioners, and the Facilities staff bring space heaters for freezing basement rooms.

Juniata faculty and staff make time immediately for students. If a student came into the Dean of Student's Office, or Academic Support and was upset and wanted to talk to someone, the staff there would work around their schedule to make sure that the student's issue was dealt with immediately. They would not required to wait, or fill out paperwork, or do anything else to exacerbate the problem, they would simply receive exactly what it is that they came for: help.

Juniata is a personal community: as a student, faculty or staff member, you can pick up the phone or type an e-mail, not to a nameless, faceless member of a bureaucracy or company that doesn't have any of your interests at heart or even at mind, on the other end of that phone or computer is a friend or colleague. They know your name, they know your face, and they care about what you're saying, not because it might be in their job description, but because this community has value to them.

All private liberal arts institutions might have the ability to change the rules of the game and offer students things that they cannot receive in the "real world." Juniata goes beyond this, when a student matriculates, or a faculty member joins the Juniata ranks, they are immediately accepted into a welcoming environment that does everything is can to cultivate strong and independent global citizens. The opportunity to be a part of this community is not something that is taken lightly by any of its members, and it is a valued

Presidential Perspective



Have a topic that you would like President Kepple to write about? Simply e-mail your suggestion to juniatian@juniata.

During the October meeting, Juniata's Board of Trustees will vote on two major physical changes to the campus. Many of you participated in the committees that developed these projects. The first project is a major renovation of Baker Refectory. The second project will be the construction of two new residence halls built on the current location of the pottery shop. We are planning for the pottery shop to

In this perspective I will focus on the Baker Renovation. The project begins May 2013 and will be completed for the 2013 fall semester. Many significant changes are planned, including:

1. Improving the entry to Baker by providing a wider entrance and more space for storing backpacks. The exit will be on the north side of Baker rather than conflicting with the entrance on the south side. (The south side is where we currently enter)

2. Incorporating the current President's Dining Room into student dining. This room will be available 24 hours a day for study and other student activities.

3.90% of the food will be prepared in front of you in new cooking areas around Baker.

4. You will be able to observe items being baked through a glass wall when entering Baker.

5. Baker will be completely remodeled from paint to furniture to

6. Not only will the cooking places be visible and remodeled but the back of the house, including a beltless tray return in the north exit, will be added for your convenience.

When complete the room will be quieter, visually appealing, more comfortable, environmentally sensitive, and more flexible to accommodate ever changing food tastes.





Ask the Administration

What can we expect in the search for Juniata's next president in the upcoming academic year?

The search for Juniata's next President started last summer when we began collecting applications. We ended up with 72 total applications by August 22, which was the deadline. The list is now down to 16 after a long meeting of the search committee on Sept. 7. The search committee consists of five trustees, three faculty members, two administrative staff and one student. The next step in the process, which we are currently working on, will get us down to 6 to 8 semi-finalists, whom we will interview in person in October. Students can expect to see the three finalists on campus before Thanksgiving. That will be the first time any names will be used, because the process up to the finalist level is completely confidential. Each finalist will be here approximately two and a half days. There will be an open forum that anybody can attend for each candidate, and we want to make sure that students show up! After that, the committee will make a final recnendation to the Trustees in late November, and the Trustees

will decide to whom they want to make the job offer. With any luck, we'll know who our next President will be by January!

-Belle Tuten, W. Newton & Hazel A. Long Professor of History

What are the rules regarding the community's (i.e. non Juniata student or staff) use of Juniata's academic and common facili-

All requests for use of Juniata's facilities by outside organizations come through the office of Conferences and Events. We review each request to determine dates and needs. The final decision to approve/deny a request is first based on availability of the space, and also on what else is occurring across campus. If approved, the requestor is required to sign a facilities agreement from, pay a facility fee and also provide liability insurance.

-Lorri Shideler, Associate Director of Conferences and

Confused about something? Ask the administration! E-mail juniata.edu.



The Juniatian

Established in 1924 as a continuation of The Echo, 1891

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JAB alters Major Event: concert to happen biannually Insufficient funds and lack of interest leave current seniors without a final show

By Caitlin McCann

Annually, the Juniata Activities Board, (JAB), has hosted a "Major Event" concert. However, the decision has been made to host the major event every other year.

"A lot of it has to do with scheduling," said Caitlin Bradley, senior and JAB president.

"If we move it to every two years, our budget will expand, we have time to figure out when the event can be held that works for every body. It's much easier and it's much more efficient."

The major event generally costs approximately \$15 for students, and draws roughly 300 people a year.

"What do you do with low attendance? Is it worth having the event?" said Bradley.

Junior Kathleen Leforce said she did not go see the event last year, as she "wasn't really interested in who was performing."

This is a similar story to junior Abbey Servello, who also decided not to go, as she "doesn't really get involved in events like that."

When asked if they would go to the next major event, Leforce said, "Perhaps, depending on what it is and if I find it appealing."

Servello agreed, stating she would attend "if it seems interesting and if it isn't too expensive."

This does not seem to be an uncommon story amongst Juniata students. Those are exactly the people that JAB is hoping to bring next time the major event occurs.

Freshman Rachel Rowlands is a bit upset that the event is not happening this year.

"I loved the band that played

earlier in the year and would enjoy going to this event as well," said Rowlands. "I feel as though it is a bit unfair that I don't get to see the major event my freshman year and I am missing out on an opportunity"

In the past, the event has not appealed to enough of the Juniata student body to bring in even a quarter of the students on campus. Therefore, JAB is hoping that they can take their time and bring in an artist that students love.

Every year a student survey is sent out with options about what students would like to see that coming spring in the major event.

"There's a couple different genres involved in the list, which gives us an idea, okay, we should bring in this person," said Bradley.

Even so, it is extremely hard to create an event that everybody en-

joys. In an attempt to bring in more people to watch the show, JAB has considered having a different type of event, such as a comedian, however Bradley said that "music seems to be the best option," in terms of how to draw students to the event.

Huntingdon residents are permitted to go to the concert as well, for a ticket price of \$20, and Bradley says that in an attempt to bring more people to the concert, they hope to reach out to the residents of Huntingdon more.

"There's no reason why the community can't be involved as well," said Bradley.

"Juniata realistically is a part of the community and community members are invited. Granted that's not our major basis, but to increase that number would be awesome." In the future, JAB hopes that they cannot only attract more students, but to decrease the number of complaints they receive about timing and the performing artist.

JAB hopes to increase the satisfaction rate now that it is every two years,

"I would much rather have people like the artist than have a complaint about the date" said Bradley.

Bradley hopes that by the next major event "the numbers [of students] will have doubled."

While new students at Juniata will be unable to see the show this year, they can hope for an even better show next year.

With the major event now happening every other year, JAB hopes that they can not only attract more students, but also get great responses from those who attend the concert.

Avoiding the freshman fifteen is easier than it seems Tips to help cut calories, find time for fitness in college setting



Let me take you back to the week before your freshman year of college. There are feelings of excitement, nervousness, and anticipation for your new independent life as a college student. When students think of college life, the typical responses include new people, new classes, freedom, parties, rowdy athletic events and of course, the daily access to a huge array of food offered by your school dining hall and the surrounding food establishments.

Worries and doubts also set in about making friends, maintaining good grades, living on your own, and what you will eat. Home cooked meals are no longer a daily affair as a newly independent college student.

Time and time again, we hear the catchy phrase, "Freshman 15." This infamous expression refers to the amount of weight gained during the first year of college. Through the eyes of a Juniata student, college means access to the buffet-style dining hall known as Baker Refectory, a gold card full of what seems to be unlimited declining cash balance (DCB), study sessions fueled by late night Sheetz runs, and dorm room hangouts with a side of Domino's pizza. Those habits along in combination with lack of physical activity sound like a recipe for disaster, don't they?

I'm around people who often want to be fit, eat healthy, and achieve something great in terms of health, but these goals seem nearly impossible living on a college campus. Now that you're in charge of your own life, you are also faced with temptations that lead to an increase in weight. The best way to handle this is to plan ahead when dealing with these most common pitfalls.

1) Overeating - It's no secret; we have all been in this situation

more than enough times. Picture yourself in Baker. First, you go for the chicken nuggets with a side of French fries. Even after telling your table that you're much too full, the nuggets are followed by a slice of buffalo chicken pizza, a glass of chocolate milk, and a bowl of cookie dough ice cream. The scary part is that this can become a daily habit for people. Overeating is caused by many different things: social pressure, a lack of self control, or to satisfy cravings.

To avoid overeating, go in with a plan in mind, and set limits or specific rules to abide by. With a plan in mind, you are more likely to be conscious of your choices. If your plan is on the verge of failing, ask yourself, "do I really need this greasy slice of pizza?"

2) Lack of physical activity -Okay, walking around campus can be a workout, but it's not enough. The life of a college student is hectic. There seems to be less than 24 hours in a day, and whatever time you're not doing school work, you're eating, or relaxing. The most common excuse is that, "I'm too busy" or "I don't like to exercise." But if you don't want those high calorie foods to creep up on you, make time for exercise. If you don't like to exercise, do something that will spark an interest. Run, dance, jump on the elliptical, attend a Zumba class, go for steps just outside of town.

Take advantage of the free services that your college offers. The gym within Kennedy Recreation Center has treadmills, ellipticals, and other machines, and access is free of charge for students. If you have enough time to creep around on Facebook, Twitter, or Tumblr for two hours of your day, then there is no excuse. Take anywhere 30, 60, to 90 minutes out of your day and you're on your way to a healthier lifestyle.

3) Stress - It's college. Stress is nearly impossible to avoid. Stress can result in things such as binge eating and a lack of motivation. Snacking because of stress is the doorway to love handles galore. The best way to avoid stress is to find an outlet that doesn't include

snacking on high calorie snacks or not eating at all. Personally, I use exercise as my stress reliever. It's a time where my body is relieved of all worry or fustratation. I encourage you to find something that is your great escape from the crazy world of college.

4) Late night snacking - Those nights where you're still awake trying to study for an exam or get notes done for the following day, hunger may sneak up on you. The problem with snacking late at night is that you're not going to be awake much longer to burn off those calories, so they are then stored as fat. Grabbing for the barbeque chips and a Mountain Dew, heating up leftover Chinese, or making a Sheetz run may not be the best choice if trying to maintain a healthy weight.

a healthy weight.

Instead, set a time that you will stop eating for the day (7pm... 8pm...9pm) or try something as simple as chewing a piece of gum. Going to bed hungry may feel miserable, but in the long run, it will pay off. Even the smallest changes can make a huge difference.

5) Alcohol - Let's face it, drinking happens in college. Alcoholic drinks contain a high amount of calories, and an overabundance of sugar. These beverages are dangerous for your overall health, lower metabolism and contribute to weight gain. There are only two solutions if you don't want the pudgy midsection; either drink in moderation or avoid alcohol altogether.

Now that you are aware of the most common causes of weight gain, there are benefits that come from avoiding those bad habits. By reducing your calorie, fat, and sugar intake, being active and reducing stress, your body is going to react to these positive changes.

1) Feel better/more energy – By fueling your body with the nutrients it needs, you're more likely to feel energized. Just think about it: do you feel better after eating a cheeseburger and tater tots or a salad topped with your favorite vegetables? You'll also be less inclined to take that mid-day nap that

▶ see HEALTH page 10

Wallflower needs to act his age Film adaptation may skirt issues with tone



"Dear friend, I am writing to you because she said you listen and understand and didn't try to sleep with that person at that party even though you could have." —"The Perks of Being a Wallflower," page 2.

"Dear friend, I do not like high school."—"The Perks of Being a Wallflower," page 6.

"Then I started crying." -"The Perks of Being a Wallflower," pretty much every other page.

I rolled my eyes a lot when I was reading Stephen Chbosky's young adult epistolary novel, "The Perks of Being a Wallflower." Did you know that eye-rolling is something people do when they are annoyed by something or being sarcastic? Wow! To be honest, I did not like this book very much. I did not like how it was written, and I do not understand how young adults could like it as well. When I started reading this book, I did not understand exactly why it was so popular. I did not connect with these characters at all, and it was not just because I am not in high school anymore.

Are you annoyed by me writing like this? Yeah, imagine reading this for 200 pages and you'll have an idea of what "Wallflower" was like for me.

So what is this book about, and why am I writing about it if I don't like it? To answer the second question first, I had to read it for a class and there's a movie adaption coming out this month, so I thought it would be relevant and get people to read this column.

As for the first question, "Wall-flower" is told from the point of view of a boy named Charlie, who writes letters to an unnamed "friend" about his experiences in his freshman year of high school. Charlie's life is like one of those "Lifetime" TV dramas of Bad Things Happen to Good People. Charlie is the nicest, most thought-

ful, most unrealistic fifteen-yearold boy I've ever read about. Charlie is a wallflower, a person who observes things from the sidelines, and shy unpopular kids everywhere reading the book feel connected to his life.

But wait. I was also a shy, socially awkward kid who found a core group of friends in high school who changed my life and introduced me to all sorts of new experiences and had drama and relationships and stuff! This book was written for people like me!

So why don't I get it?

As I already mentioned above, the first problem for me is the writing style. These letters feel like something written by a little kid, not a teenage boy. When I wrote about stuff in high school, everything was THE BEST THING EVER or THE WORST THING EVER. When I was in a bad mood I didn't just "not like" high school, high school SUCKED and WAS HORRIBLE and on top of that, my life WASN'T FAIR. I understand that writing a teenage protagonist is difficult because they can be so obnoxious and self-centered, but you don't want to go the opposite direction and make them innocently naïve instead. Charlie talks about the mis-

Charlie talks about the misery going on in his life, but in a somewhat detached way, and his thought processes just seem off to me. It's a style you either get into right away or spend the whole book struggling with. Based on this analysis, I'm sure you can guess which direction I went!

I guess I should mention the upcoming movie adaption here again (in theatres Sep 21), and recommend that people who like the book but not its style to go check it out. I'm hoping that the movie will fix the problems with the writing, and considering it was written and directed by Stephen Chbosky himself, it should be quite accurate to the source material. Oh, and it has Hermione Granger with short hair and that guy from that one movie with the lightning bolts in it. So go see it if that's your thing.

The second problem is how

▶ see WALLFLOWER page 10

What happens at East doesn't always stay at East

Advice for negotiating morning-after rendezvous, dispelling potential awkwardness



After a long, wild Saturday night at East Houses, you wake up at 11:30 a.m. on Sunday and roll out of your bed to meet your friends for brunch in Baker Refectory. You're still feeling the effects of having too much fun last night, but you manage to hold yourself together. As you enter the cafeteria and run towards the waffle bar, you see a familiar face. You cannot quite place a name, but you know that face.

Suddenly, it hits you. You both stare, and then for that moment you hope, "maybe they don't remember." They start walking over to you, and multiple thoughts run through your head. You thought that you would be able to avoid an awkward moment. You instantly turn your face in the opposite di-

rection, but the person is stalking you like a lion.

Their approach is immediate and you barely have time to come up with an appropriate response to their simple "hi." You awkwardly reply with, "hey," and try to end the conversation

Yet, they continue to bring up topics that your mind can barely grasp at the present moment. You want to erase last night from your memory but you know that the predator will not relent. Then, the person utters those seven words that many people dread the morning after:

"Would you like to hang out sometime?"

The brief story that I described above is an experience that many have had at Juniata. Some people persistently rendezvous after a casual one night hook up, even after it is clearly established that the hook up is only a one-time thing. What do you do when they fail to realize that one time only means one time? The first place that I like to go to rant about relationship issues in all of their glory is my friends.

"Sometimes you just have to be

aggressive," stated one.

"Firm but gentle," explained another

I share the same sentiment as my friends. Women and men of Juniata College, whenever you are on a voyage to find a tryst for the night, you need to remember to be firm and clear. (If you are too intoxicated to talk properly, please consider using this attempt only when you are aware). Communication is important, because if you are not open about your intentions, you may end up hurting not only yourself, but your partner as well. Speak up and state (nicely!) that you are not looking for anything serious.

It can be as simple as stating, "I am not interested in anything serious." As long as the intent of the message is clear, the person should be aware that you were not looking to pursue a happily-ever-after with them. Also, ask the person to reiterate the message back to you (the inebriated rule applies for them as well). You need to make sure that person is in a relatively good state to handle your proposition. You do not want a sloppy partner.

And more importantly, you want to make sure that your partner is consenting.

After the hookup, you could follow one of two paths. If you invite the person to stay over or you are staying over, that is great. However, if you are not staying over, do not make the situation uncomfortable for the parties involved. Try to be respectful and courteous after everything is said and done.

You do not want to give off the perception of being a "jerk," yet it is important to be very casual about how you word your phrasing. The best way to handle this situation is try to just have a brief conversation before you decide to kick the person out or leave. Explain to them again, "I had a good time last night but I want you to remember that I do not want anything more than this." It is by no means rude to state explicitly what you want. Communication still strongly applies here and will help a great deal to get the hint across to that person. You can still be nice without being rude or

If you want them to stay over or if you are staying over, remind them that this probably will not happen again. You need to treat the situation very carefully to avoid hurting the person's feelings. Sleeping over is fine just as long as you do not stick around too long in the morning (the walk-of-shame can be quite brutal, especially between the times of 11a.m.-1p.m.).

You should remember that Juniata is extremely small, so you are bound to see this person again. You do not want to avoid the person by ignoring them when they walk by or looking at your phone while they pass you by. It is fine to remember to say hi to them if you are walking to class or getting something to eat. The point that I am trying to make here is to refrain from being awkward. This is a feat that many need to learn, and since we are adults we should be able to handle this situation maturely.

Remember when you are looking for that special person for the night, communication and keeping an open mind is important. Even if that person is not interested, you always have a fond memory of a brief conversation that occurred in a crowded, sweaty room at East.

Keeping everyone happy: a conservationist's impossible task Reaching compromise is the key to maintain public support and address concerns



Have you ever run into a situation where two people or groups just can't see eye to eye? Most of us have. But for many working in environmental conservation, these situations are fairly common. As conservationists attempt to make changes to the environment in order to promote conservation, their efforts often come at the cost of lost support from landowners and the public.

This entire column could be devoted to the many cases in which conservation efforts have aroused concern, disapproval, or even hatred towards certain wildlife species and especially wildlife managers. My recurring focus on these issues is an attempt to make people more aware of them, and to help people see both sides of each conflict. I certainly do not have solutions to the conflicts that often arise as a result of conservation efforts, but I believe that the more people learn about them, the easier they will be to understand and resolve.

Summers in college can hold some incredible opportunities for those able to find them. I was fortunate this summer to have the opportunity to travel to Klamath Falls, Oregon to work with U.S. Fish and Wildlife and U.S. Geological Survey to help with ongoing research on threatened and endangered fish species in the area. Two of these species, the Shortnose and Lost River suckers, are listed as federally endangered species. The third species with which I worked was the bull trout, which is a federally threatened species. "threatened" and "endangered" are both classifications under the Endangered Species Act, with endangered species considered to be in greater danger of extinction. However, both classifications indicate that the species

While in Oregon helping to research these three fish species, I had a chance to learn a bit about the history of the conservation efforts for those fish. I also learned about some of the different perspectives and conflicting interests related to their conservation.

The stories of sucker and bull trout conservation in the Klamath Basin are similar to many stories related to conservation efforts; while I certainly did not learn all the details related to the three spe-

cies I studied, I did learn that there are significantly different public attitudes toward the bull trout and the two sucker species.

Bull trout are a trout species similar to Pennsylvania's state fish, the brook trout. At one time, they were fairly common in Oregon and other western states, but their numbers have significantly declined. The decrease is due to competition from introduced species, such as our very own brook trout, poor land use practices, and other factors. They are not a huge focus of public attention in the Klamath Falls area, but those who have heard of bull trout conservation efforts seemed to be fairly supportive in general.

In contrast, very few people in the Klamath Falls area outside of those working on their conservation seem to support the efforts to protect Lost River and Shortnose Suckers. Or at the very least, there are certainly those who vehemently oppose sucker conservation efforts, even if many people do support them. This strong opposition is explained by some important differences between Bull trout and suckers.

Perhaps the most important difference that affects public attitudes towards these separate conservation efforts is the fact that suckers inhabit Upper Klamath Lake, which serves as an important source of irrigation water to farms in the surrounding area. People in general are not opposed to the principle of protecting endangered species, but when conservation efforts affect their own livelihood, they quickly get up in arms.

Several years ago during a very dry summer, USFWS limited the amount of water taken from the lake for irrigation. They wanted to maintain enough water in the lake to support the suckers, which they predicted would struggle to survive if more water were taken out of the lake when the levels were already so low.

Whether or not this decision affected the suckers may be up for question, but what USFWS unquestionably accomplished was infuriating much of the Klamath Basin community. Farmers were outraged to have their water supply cut short, and a "bucket brigade" was set up through town to dump water from the lake into the irrigation canals in defiance.

This act showed just how much people opposed the idea of having their resources limited in order to benefit the environment. And this is a fairly common trend; people don't mind conservation until it impacts them, either economically or in other significant ways. In contrast to sucker conservation, Bull trout conservation has caused relatively little controversy in the Klamath Basin; the areas being studied are remote areas in very small streams, where almost no one is affected by conservation efforts.

These two conservation efforts and public reactions to them help to illustrate a problem that conservationists often face: dealing with lack of support, or finding ways to keep the public happy without compromising too much on their conservation efforts. Realizing the importance of public support is an essential part of conservation. Good conservationists learn from cases of public outcry and disgruntlement, and do their best to keep the interests of landowners and the public in mind while trying to conserve nature.

Sometimes compromising somewhat in order to keep public support may be more important in the long run than taking whatever action possible for conservation, despite lack of support. While it is impossible to keep everyone happy, addressing the concerns of the public and private landowners can help to win their trust and support, which may be essential for future efforts.

Maintaining healthy habits in dorm life, dining halls more achievable than it seems

▶ from HEALTH page 9

interrupts your day.

2) Feel accomplished – Once you've set goals for yourself and are successful with them, that feeling of accomplishment will keep you motivated. Nothing feels better than crossing a goal or task off of the To-Do list.

3) Reduces risk of future issues – Some health issues are preventable. Take the initiative by doing the simple things to help your health. Eat smart, get your heart rate going, and take

necessary vitamins.

4) Confidence – Your body will respond in a positive way to your lifestyle changes. If your body feels good, your mood will improve. Who doesn't want that?

The benefits that come from making the small changing in your daily diet and adding physical activity are very fulfilling and can be the beginning of a further interest in nutrition and fitness. Here are some tips that you can add to your daily routine to add to the benefits:

1) Drink water over sugary drinks – Ditch the soda and sugar

filled drinks. It is crucial to keep your body hydrated, and water does great compared to the sugar and caffeine-filled drinks that result in bloating and a crash. Water cures the feeling of hunger, speeds up metabolism just before a meal, and more. Don't deprive your body of water.

2) Substitute junk food for fruits and vegetables – Instead of grabbing a brownie, eat a banana. Instead of French fries, try carrots. Fruit and vegetables are your best friends in terms of food. Don't neglect them from your diet!

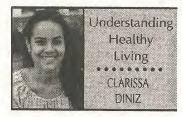
3) Make yourself a list of reminders – To keep myself on track, I make a list of food do's and don'ts and daily reminders. By making a list, it is a visual aid to keep you on track. Hang it on your fridge, door, or anywhere where you'll see it at the beginning of your day.

Staying fit while in a college environment can be difficult, even for the most health-conscious and fitness-loving individuals like me. With hectic schedules, a variety of food and unhealthy snacks, and lack of physical activity, avoiding the dreaded weight gain may seem next to impossible. It is important to understand that a healthy body and weight is possible to obtain with the proper steps and knowledge, while experiencing every aspect of college.

Now that you have been enlightened of some ways to avoid the bad habits, I challenge you to make a change in your life. I challenge you to be aware of the decisions in terms of food and fitness throughout the semester. I challenge you to kick the bad habits. Will you accept the challenge?

Debunking popular perceptions of eating disorders

Some common patterns that challenge assumptions made by media portrayals



It's 9:30 a.m. and your stomach just growled for the sixth time in the past thirty minutes of class. You look down, hoping with you all your strength that your classmates did not hear it. Hopefully, they have so much on their minds that they will forget about it if they did. But even if they don't, who cares, you are losing some weight.

You know that you should get something to eat while you have that five minute break in between classes - haven't we all heard that breakfast is the most important meal of the day? It takes too long, though; food might simply not be on your way to your next class. A detour will certainly make you late. Even if you are heading to a class in Brumbaugh Academic Center (BAC) and Café a la Cart is exactly on your way, maybe it's better to wait until lunchtime. Think positively: you are hungry now but soon enough, skipping that muffin will show in your slimmer body.

You might easily identify yourself with the person in this scenario. But what about identifying yourself as someone who has an eating disorder? I don't think that every person that can relate with the above scenario is anorexic - however, as represented in the scenario below, the above situation can escalate into a more worrisome stage.

Now it has become a hassle to find friends to have lunch with during the week. You do not want to walk into Baker alone with the fear of being judged as a loner. You think about heading up to Eagles Landing, but the lines are so long that it will take forever to get your meal exchange. You eat a small snack and although you're still hungry, you tell yourself that at least you will soon be losing some weight. You now ultimately eat only one filling meal a day. When this routine started, you were hungry all the time; now your body has become used to the lack of food. You are definitely losing weight, and you notice it when you try your previously tight clothes

The above description certainly does not match the media's definition of anorexia nervosa. As described by the U.S. National Library of Medicine, anorexia nervosa is an eating disorder that makes people lose more weight than is considered healthy for their age and height. Whenever I hear the words "eating disorder," I imagine this five-foot-seven female who weighs 100 pounds. I can even pic-

ture this bones-only girl attached to a toilet, forcibly throwing up non-stop. You might have come up with a similar picture in your mind as soon as you read those words. I am quite sure, though, that the person you imagined when reading the first scenario did not match this description.

You could have easily pictured yourself going through a similar situation to the first one during your morning routine. But most of you cannot identify yourselves as the person attached to the toilet. Why?

"Because I do not have an eating disorder."

Wrong answer. Try again.

"Because I am not a five-footseven female who weighs 100 pounds."

Wrong answer – anyone can have an eating disorder.

The person in the second scenario has an eating disorder. But that person might have a hard time accepting or even realizing that they have an eating disorder because they do not fit the bone-thin description that we all hear about from the media. You can have an eating disorder and not be in the bathroom vomiting all day long. You can have a anorexia nervosa even though you do not weigh 100 pounds. You can have an eating disorder even though you eat three meals a day.

So, how do you know if you

have an eating disorder? Every body is different; every body has its own shape and its own characteristics, and will react differently when dealing with an eating disorder. Most importantly, though, every person has their own psychological thoughts, coping mechanisms, and reality-check, or lack thereof. However, there are certain signs that are recurrent in those who present with anorexia nervosa and these are the signs you should consider.

The Mayo Clinic in Rochester, M.N., whose gastroenterology specialty (the area in medicine that studies eating disorders) is ranked number one in the nation by the U.S. News & World Report, claim that some of these signs/symptoms are: refusal to eat and denial of hunger, excessive exercise, flat mood or lack of emotion, irritability, abdominal pain, menstrual irregularities or loss of menstruation (amenorrhea), irregular heart rhythms, a negative or distorted self-image, low blood pressure and soft, downy hair present on the body (lanugo).

If you identify yourself with several of these symptoms, you might have an eating disorder. If you identify yourself following a similar routine as the one described in the second scenario, you might have an eating disorder. Do not panic, but please look for help. Juniata's Health and Wellness

Center is located at 1622 Moore Street. The nurse's hours is Monday - Friday 9 a.m. to 12 p.m. and from 1 p.m.to 3:30 p.m. The physician's hours are Monday 6 p.m. to 8 p.m., Wednesday 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

"Well, I do not show any of these symptoms thus, I just wasted 15 minutes of my time reading this article." Wrong again. You might actually not have any of these symptoms and you might not have an eating disorder. However, you did not just waste your time reading this article. The information you just read here might help you later on in the future in aiding a friend, relative, or loved one realize that they possibly have an eating disorder and help them look for help.

The first step of treating an eating disorder is acknowledging and accepting that you have one.

About the author: Clarissa Diniz is a junior at Juniata College following a pre-med career track. She realized her strong interest in the medical field during her first shadowing experience in Brazil four years ago. Since then, Clarissa has shadowed physicians from a wide array of specialists including biliary surgeons and gastroenterologists. She has shadowed doctors in both rural and urban settings and has worked with French, English and Portuguese-speaking patients.

Novel may have more pitfalls than perks some say

▶ from WALLFLOWER page 9

isolated this book feels. A first-person point of view can immerse the reader in the character's perspective, but can really separate them from the rest of the world. Now, one thing I really did like about the writing style was that Charlie gave enough hints of what was going on with a character or situation to let the reader connect the dots and draw their own conclusions. There were some really

cleverly written passages in there... too clever, in fact. Were they really things that Charlie would think and observe? Either way, it felt manipulated enough to both-

er me. All through the book, though mostly towards the end, there are a lot of pseudophilosophical paragraphs about life and how people live that sound so contrived that I cringed every time I saw one coming. Maybe that's part of why I couldn't connect to the story. It didn't feel real to me.

And the ending. Oh, that ending. You know those endings where you just put the book down and go, "... Well. That just happened?" It was like that. Honestly, it raised more questions than it answered and made a lot of the preceding scenes retroactively creepy.

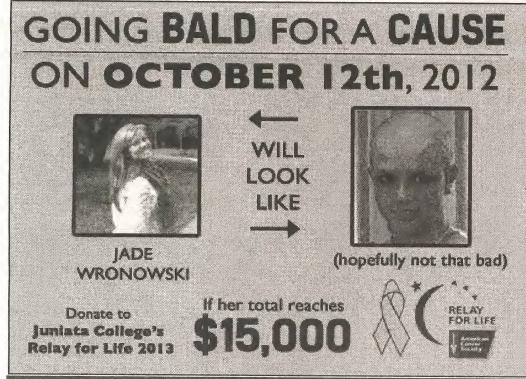
I feel kind of bad for disliking this book so much, especially since I found out that it stopped two young teens from committing suicide. What kind of person doesn't like a book that's saved kids' lives? But no matter how hard I try, I just can't seem to make myself like it.

Maybe it's because I'm not a teenager anymore. Let's see ... fifteen-year-old state of mind ...

"And in that moment, I swear we were infinite."

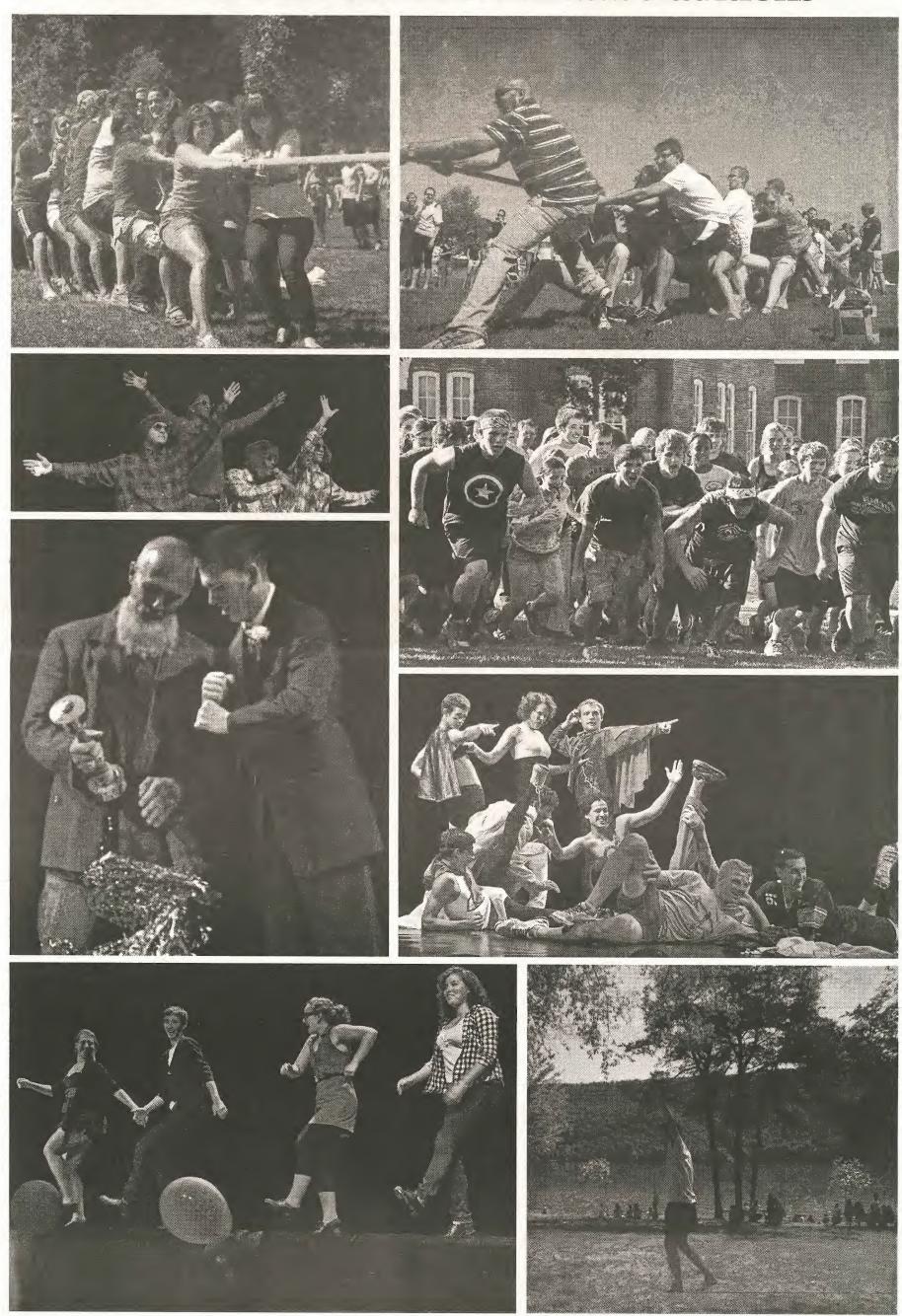
Hmm ... nope. My fifteen-yearold self would have found that incredibly stupid as well. Guess I can't win.

Lynn Bachman started reading at age one and has been raiding bookshelves ever since she could climb up on a chair to reach them. She is a Writing and Literature POE who aspires to become an author one day. Her favorite types of books include fantasy, adventure, mystery, and anything with a picture of a horse on the front cover.





Favorite fall semester Juniata traditions



DYLAN MILLER, MICHELLE MEROLA, JEFF BRUZEE/ JUNIATIAN

Former volleyball standout signs pro contract

Ben Wolff continuing his impressive career in the Czech Republic with VK Ostrava

By DIMITRI Ross

It is the childhood dream of countless college athletes to someday play professional sports. Former Juniata student Ben Wolff is currently living that dream in the Czech Republic as a professional volleyball player.

Wolff was a force throughout his four year career at JC. He had various achievements on both the conference and national levels. In his final season as an eagle he helped lead the team to a 28-11 record and an ECAC championship appearance. Individually he tallied 280 kills and 120 blocks collecting All-America 1st team honors along the way.

Wolff also finished with a .511 attack percentage, which made him the national statistical leader in that category. Although he has moved on to bigger and better things Wolff's contributions have not been forgotten.

"Whenever we stepped onto the floor we knew what we were getting out of Ben. We knew we could rely on him to come through when we needed him and that is an immeasurable asset to have on your team," said men's volleyball head coach Kevin Moore.

"Ben was just an all around great player. He got the job done on the court and was a great guy off the court. I honestly could not have asked for anything more out of a teammate," said former JC player Mike Kraft 12'.

While Juniata has not forgotten about Wolff, he has not forgotten about JC either. Just five months ago he was sporting navy and vegas, and still has strong ties to the eagle community. He constantly reiterated how much he missed Juniata.

"Juniata is a great place. At times I got overwhelmed, but look-

ing back on it I would not change my experience at all. I met a lot of great people and learned a lot about myself during college so JC will always have a place in my heart," said Wolff.

Wolff is now overseas in the Czech Republic continuing his volleyball career. Upon the end of the 2012 spring semester he was given the opportunity and left the states soon after. In early August, Wolff traveled to Italy to tryout for a number of different professional teams, and by the end of the month he had accepted an offer from a team in Ostrava, Czech Republic. He experienced a bit of a culture shock, but has adapted to the changes.

"When I first got here I immediately saw that things were different. Not in a bad way, just different. It was little things like transportation and language that I took for granted in the states. I have settled in pretty well now though so I am used to all the differences," said Wolff.

He also spoke on how life has changed since becoming a professional athlete. It is easy to get caught up in the limelight, but Wolff is doing his best to avoid that.

"I honestly feel like the same guy. It is cool to go out and have people recognize you and I am better off financially, but all in all I am pretty much the same. I feel like people go downhill when they get caught up in their own hype so I just try to stay humble."

That is the same attitude Wolff carried throughout his time at Juniata. No matter how many accolades he got he was always a modest, pleasant person. This is a major reason his former teammates and coaches are so proud of him.

"Ben deserves everything he has gotten in the past few months. He was a hard worker, but above that he was a good person. I am proud of him for achieving everything he has achieved so far and I am expecting big things from him in the future," said Moore.

"To say that I am proud of him would be an understatement. He deserves what he has gotten and I am proud to say that he was my teammate," said Kraft.

Wolff is happy to have the opportunity to play volleyball professionally, but he is not content with just playing. He expressed that he will not stop working now and that his journey is just beginning.

"I am honored to have the opportunity to play, but there is a long road ahead of me. If there is one thing Juniata taught me it is how to work hard. I want to be great and be the best I can to better my team. Now that I have been given the opportunity it is now up to me to make the most of it," said Wolff.

Volleyball dismisses coaches polls

Team looks to find rhythm with a number of new faces

By JUSTIN CLAPPER

The Juniata College women's volleyball team started with the lowest preseason ranking in the AVCV coaches poll since 1999. With seven freshmen and a junior transfer setter, the team is still discovering who they are as a unit. Despite these adversities the team is still focused on playing and striving for another national title.

This could potentially get in the players heads going into the first part of the season. "I don't think it should affect them at all. I put about zero credence in those because most of the people voting, on those things, have never seen us play. Those poles are just someone's opinion," said head coach Heather Pavlik.

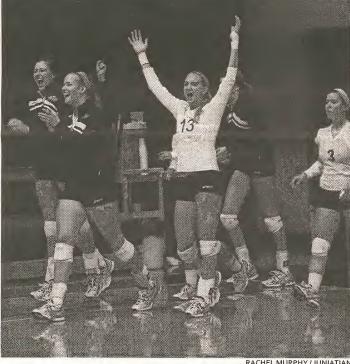
People can influence a team with remarks towards their performance. Luckily, the players are blocking those remarks out. "I keep reminding the players that people's opinions mean very little to how you do. So whether we're ranked one, whether were ranked ten, or whether ranked seven or twelve, it doesn't make a bit of difference to me," said Pavlik.

"It makes us smile because rankings really mean nothing to us. It's just all the more motivation to keep working hard," said senior Kelsey Fuller.

The team is clearly focused, including the freshmen. They are not letting other people influence how they play, and they have their sights set on another national title.

Many freshmen have a learning curve when taking their sport to the next level. Since so many freshmen are contributing to the team this year, it was important this happened quickly.

"They're doing very well, actually. I mean they came in, and they picked up on it right away," said Fuller. "We have a small group of upper classmen, but they're a very good group of mentors. Even the sophomores have done a great job of bringing the freshman in and really showing them the ropes."



Senior Kelsey Fuller and sophomores Cat Scholl and Christine Sumner celebrate their Dig Pink victory against Penn State Altoona on Sept. 18.

"I think they're adapting pretty well," said Pavlik. "I think that the biggest challenge for them is always balancing the classes along with volleyball. They most likely get more mentally tired then they do physically. So far they're managing, but I know there will be a point when they'll bottom out a little bit."

Without a setter an offense cannot run. This offense is run by a freshman as well as junior transfer Sarah McCarthy. "She's doing very well," said Fuller of McCarthy. "She's taken a lot of control over the offense, which is what you need from a setter. She's very consistent, very level headed. She's a good leader for the young girls to follow."

Obviously having such a young team may change the way you play, this can force the team to approach practice and matches a little differently.

"Even with having a young team, we still hold them at a high expectation and high standard of how to practice," said junior Rach-

elle Wiegand. "For us right now it's more of a mental focus. Physically we're all capable of being the top team in the nation."

"We had to take a little bit more time for explaining because during preseason our morning sessions are all about explaining, but it's a lot of breaking it down now, you know, breaking down blocking, breaking down our defense to really make sure we understand the game," said Fuller.

During the matches against the defending national champions, the team seemed to show off their hard work., "This past weekend we saw glimpses of it where we can outwork and out domi-We're physically more dominating then most teams," said Wiegand.

The team members all have basically the same hopes and goals for the season. "We hope to bring a lot more intensity, come together as a team, and obviously win a national championship this year," said Junior Courtney Lydick.

Rookies make an impact Freshmen bring new talent to JC

By CHRIS BEALL

Freshman and rookies are expected to come in and learn the game at a new level without the expectations of contributing right away. Since they aren't playing right away, there is no pressure to contribute and help in the successes of the team. This gives the young talent extra time to sharpen their skills and adapt to the speed of the new level of the game.

Guys like Aaron Rodgers sat a year or two before they really made an impact. With every rule, there is an exception to that rule. Rookies such as Robert Griffin III and Andrew Luck are examples of the exception. These guys are now the new franchise players for their teams in only their very first season in the NFL. Juniata has quite a few exceptions to the rule as well.

Kristin Collins

Collins is an outside hitter for the volleyball team. Collins comes from Freedom, PA. where she attended Ambridge High School. She lettered three years on varsity while serving as the captain of her high school team her junior and senior year. During her junior and senior seasons, she earned First Team All-WPIAL and First Team All-Section honors. To go along with those awards, she also earned All-State honors in her senior season. Collins is currently fifth on the team in kills.

Adena Delozier

Delozier is a setter for the Juniata volleyball team. She hails from Hollidaysburg, Pa. and attended Altoona Area High School. She was a three year Pennsylvania Volleyball Coaches Association First Team All-District 6 selection. To go with that, she also earned All-Conference honors each of her four years of high school. In high school, she set the Altoona Area High School's record for assists and service points. She is currently second on the team in assists and fifth on the team in digs.

Dylan Thompson

Thompson is the starting defender for the soccer squad. He went to Peak Charter School and lives in Broomfield, CO. He was Honorable Mention All-Conference his sophomore year, leading his team to the state playoff semi-finals. His junior year he earned Second Team All-Conference honors as his team made it to the quarter finals of the state playoffs. He continued to improve into his senior year earning First Team All-Conference and First Team All-State. His senior year he was also the team captain and led his squad back to the playoffs yet again. Thompson currently has a goal and an assist in seven starts while playing in all nine games for the team this season. Jonah Ruggiero

Ruggiero is also a defender on the soccer team while playing alongside his brother, Seth, who is a junior. Ruggiero is from Bangor, PA and attended Bangor High School. A four year varsity starter, Ruggiero earned such honors as All-League and All-Area honors. Throughout his career, he was named Player of the Week multiple times. While attending Bangor, Ruggiero set such records as goals scored in a season with 20 and set the single season points record in the same season. For Ruggiero's senior year, he was named captain of the soccer team. Rug-

giero has started eight games while playing in all nine games. He currently has one assist this

Sarah Rhodes

Rhodes is a forward and a midfielder for the women's soccer team. Rhodes is from Bloomfield, NY, and went to Bloomfield High School. Her team was sectional co-champions in 2009. She also helped her take to sectional finalists in 2011. Each of her four years of high school, her team won the league championship. In both of her junior and senior seasons she was the leading scorer on her

► see Freshmen page 14

Women's soccer travels to three European nations

Professional competition provides valuable experience leading to early success

By ABIGAIL ROSENBERGER

This summer, the Juniata women's soccer team traveled to Europe. During the ten day trip, the team traveled to three different countries and played three professional women's soccer teams.

Nineteen student athletes and eleven family members left for Europe on June 24. They landed in Italy where they spent four days before traveling to Austria and finally Munich, Germany.

The trip marked the team's first trip since their 2005 journey to Scotland and England. "The NCAA lets you do it every four years," said Head Coach McKenzie. "All of the student athletes were eligible to go."

For sophomore Lauren Liacouras the trip was her first trip outside of the United States.

"As a team, it was a once in a lifetime experience," said Liacouras. "You watch European soccer on television all the time, but you don't really fully understand it until you're actually over there."

During the trip, the team played one professional team from Italy and two from Austria.

"Both the teams we played in Austria were part of the Austrian Bundislega, which is the highest professional league for women in Austria. We lost two games and won one game," said McKenzie. "The games we lost we played well. The game we won we played very well."

In their 4-0 loss against the first Austrian team, the team faced the back-up goal keeper for the Austrian national team. "We played against one of the best goalkeepers in the world, and tested her," said McKenzie.

"I don't think I realized it was



Juniata's women's soccer team stops for a photo in the famous Piazza San Marco in Venice, Italy during summer 2012. They took a break from competing to view the sights, check out the cities and enjoy the European culture.

her until after the game," said junior midfielder Jennifer Graves.

"It was a good testament to how good the teams were that we were playing," said junior forward Paula Pryor.

Pryor felt the European teams focused more on finesse than strength. "We lost our first two games on the basis that skill wise and tactic wise they were better, but we won every battle physically," said Pryor.

"They hated [how physical we were]. The refs were catering to it. We would nudge them a little bit and it would be a direct kick," said Liacouras.

In their second match against an Austrian opponent the eagles shutout the Europeans 2-0.

"It took us the first two games to realize we weren't going to beat them physically. We had to play tactically as well," said Graves.

Not only was the team happy with how they did, students around campus are impressed with the soccer team's success.

"Winning one game against a professional team is awesome," said sophomore Scott Thomas.

Freshman Brittany Meier thinks the teams win overseas shows "their program is much stronger than anyone ever expected."

"They were all very impressive with how hard they worked," McKenzie said. "From a soccer point of view, I was very, very happy with how we did."

"I think it was influential for them to go over there and play in a different country," said sophomore Tyler Mandley. "Not many Teams from Juniata get to go abroad."

McKenzie believes the trip will have a positive impact on the

team's season. "I think our team right now isn't afraid of anybody. As an athlete you want to respect your opponent, but you don't want to fear your opponent."

So far, the team's 6-1-1 record supports the belief that the trip to Europe made them a better team.

Pryor describe the trip as a mid-summer stepping-stone. "I think we gained a greater respect for the game and that brought us together. Playing international teams we realized we do it over there, we can do it over here."

"Our team chemistry is so much better than it ever was last year," said Liacouras.

"They're working together more as a team this year. They're communicating a lot better," said Mandley.

In addition to playing soccer together, the team also enjoyed touring Venice and Lake Como Italy, the Austrian Alps and Salsburg, Austria, as well as Munich, Germany.

McKenzie said, "Outside of just getting able to play soccer with each other again, it was like going on vacation with 18 of their best friends. So I think the best thing they got out of it was just spending time together."

"Lake Como was geous. It was like an Italian postcard," said Graves.

"We had the opportunity to jump off a cliff into the rapids," said Liacouras. "It was unforgettable."

Coach McKenzie also believes the trip to Europe helped reinforce the mission of Juniata College to the student athletes. "We were able to play the world's game on the world stage and really take the ideals of Juniata, which is to examine cultures and explore cultures, and we were able to take that and live it for two weeks."

"We want to go back," said Liacouras.

Talks have already begun regarding the next team trip, which will take place in the summer of 2015.

Freshman forward/midfielder Sarah Rhodes is excited for the trip, which will take place between her junior and senior year. "It seems like a great opportunity and it will help our team grow even stronger," said Rhodes. 'We've talked about going to Ireland or possibly the UK. I'm down for any South American countries too.'

On Sept. 29 the Eagles will face conference leading Goucher College. The next home game will be played on Oct. 6 at 1:00 p.m. against Moravian col-

Newcomers to make large athletic contributions throughout years at the collegiate level

▶ from Freshmen page 13

team. This helped her earn the MVP in 2011. She earned First Team All-Star honors in 2010 and 2011. When she was a senior she earned the Exceptional Senior award. She was also team captain in the 2011 season. She currently has a goal and two assists this season for Juniata.

Emily Green

Green is a midfielder for the Women's soccer team. She went Donegal High School and lives Marietta, PA. While playing for the Donegal soccer team, she helped lead her team to PIAA State Championship's her freshman and sophomore year. Also in her sophomore year, she earned the Individual Coach's Award. She also helped her team to Lancaster-Lebanon Section Three title her sophomore and junior year. Green is currently first on the team in assists, second in goals, and second in total points. She was also named Landmark Conference Player of the Week for the week of September 3 through September 9.

Demetrius Floyd

Floyd is the starting safety for the football team. He is from Corapolis, PA and went to West Allegheny High School. Floyd was a two-year starter and played three years on varsity at wide receiver and safety. He led his team to the playoffs all three years he was on varsity. He also led his team to the WPIAL championship in 2009. He currently has 21 tackles and started all four games this season.

Charles Sweigert

Sweigert is a cornerback for the football team. He comes from Lancaster, PA and went to Lancaster Catholic High School. He was a two-year starter at cornerback and wide receiver. During both his sophomore and senior seasons, his team went on the win the Pennsylvania State Championship. He earned First Team All-State at cornerback and Third Team All-State

wide receiver. He finished his senior year with 10 interceptions. Sweigert currently has 13 tackles in three games this season. Sarah Bilheimer

Bilheimer is a forward and a midfielder for the field hockey team. She attended Freedom High School and lives in Bethlehem, PA. While at Freedom, she earned four varsity letters and was a member of the 2008 and 2010 Lehigh Valley Conference East Division Championship teams. She led her team to the PIAA District 11 Quarterfinals in 2010. She was a three-time Freedom Varsity Scholar which is given to someone that achieves academic excellence as a student-athlete. Bilheimer is currently first on the team in points and has started all eight games she has played in.

Katie Landis

Landis is a defender for the field hockey team. She went to Wyomissing Area High School and lives in Wyomissing, PA. She earned four varsity letters while in high school. She was named to the 2008 PIAA District 3 Berks County All-Academic Team for achieving at least a 90 percent grade average in the first quarter of the 2008-09 school year. Landis was named captain of the field hockey team in her senior year. She currently has started all eight games that she has played in and has been a lock down defender for the team.



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Juniata football victorious in opener against Theil College

Eagles plan to capitalize on early win, continue to build the program as season progesses

By T.J. Watkins

Looking at the impressive start to the Juniata football season one might wonder what changes have been made in the football program to lead to these outcomes and what more lies ahead for the Juniata football program this season.

Looking back to last year, the Juniata football team had a tough season, winning only one game. At the end of the season, however things started to look up for the team. Winning the final game of last season they carried that momentum and took it into the 2012 football season and won a hard earned victory against Thiel 16-13.

The Eagles have kept up the good fight and continued to play well in the following games. The team came very close to extending the winning streak against Dickinson. The final score was 24-17.

The team also played a tight game against Gettysburg. Juniata lost 24-7, but the score of this game does not reflect on the team's performance. Throughout the game Juniata controlled the possession of the game having the ball for 33:38 minutes, also scoring the first touchdown of the game leading 7-0 at the end of the first quarter.

It is said that any sports game is won in the off season and that is one of the things that can be attributed to the early success of the Juniata football program. After talking to many of the Juniata football players along with the Head Coach, Tim Launtz, it could be seen just how hard the team had been working in the off season.

Receiver, Colton Myers said, "We put a lot in through the spring



RACHEL MURPHY / JUNIATIAN

Juniors Jarred Shope and Brandon Felus perpare to rush the quarterback of Franklin and Marshall College on Sep. 22

and summer and we're ready to go. We were carrying confidence through the spring; the win against Susquehanna was big.

Defensive lineman, Garret Pettyjohn said, "There is a strong work ethic on the team and a motivation to get better.'

Head Coach Tim Launtz was also proud of the team's work in the off season. He spoke of the players' dedication. Launtz said, 'The work ethic was outstanding this off season. It is critical to how we've been preforming this year."

Another big change in the program's success can be seen in the difference between camp last year and this year. Again the motivation and drive picked up by that last win of the 2011 season seemed to springboard the team into action this year.

Pettyjohn said, "Camp this year was a grind day in and out. Camp was harder this year, but it was worth it." It may have been harder but the team was all the better for it and it can be seen in the team's performance.

Running back, Colman Rigg, said, "Everyone was really getting after it at camp this year." He also thought the motivation was one of

the key factors camp went so well. Coach Launtz believed camp this year went so well because of the foundation that was laid down at last year's camp. He said, 'Camp last year was about changing attitudes. This year camp was about building on the foundation."

The players also seemed to think that the increased size of the team is another important aspect of the rising football program. Pettyjohn said, "We can have a better rotation because we have more guys."

Rigg agreed saying, "It gives the guys who got beat up on the week-

Getting Coach Launtz's opinion he would still like to have more players. "We still have one of the smallest teams in the conference. Ideally I'd like to have 90-95 players."

When asked about their early success and what the team's greatest strengths are many different opinions were present.

Myers thought the team's greatest strength was their "ability to stay in games, to keep trying and not give up." Pettyjohn thought it was the team's work ethic. Coach Launtz believed it to be "the player's commitment to one another and their team."

Arguably what can be done to improve the program further is one of the biggest questions surrounding it. After interviewing many different players the consensus was that consistency was one of the biggest things they needed. Rigg and Pettyjohn both agreed that mistakes needed to be minimized. Myers said that the team needs to "play every play."

Coach Launtz said, "We cannot back slide. There can't be any regression. The team needs to keep improving every week and never give up. We have to complete the task at hand,"

He is very proud of his team. "This team is setting the standards that all the following Juniata football teams will follow." He went on to further say, "We will not settle for mediocrity, we will strive for excellence!"

With all these different factors and elements of the Juniata football program it can be seen how far this program has come. New and exciting things can be expected.

Football and field hockey adjusting to playing on new turf Both teams are excited to have opportunity to play on Goodman Field at Knox Stadium

By BREANNE HILEMAN

Christmas came early this year for Juniata sports, and the present has players and coaches swarming to the field.

Construction of Juniata College's new turf field at Knox stadium finished in August 2012 for the students, coaches and athletes to use in time for the 2012-2013 academic year.

The woman's field hockey team and the football team were both excited to begin their season using this new turf. According to Janelle Howard, a senior woman's field hockey player, "We were so excited. Our grass field was getting old and getting worn down, we needed something new to carry us into a new season."

Nathan Bicher, a senior football player said, "I was definitely excited because it is new. Every other opponent that we play in the centennial has turf. So now, we do too. It is not like we are practicing on grass and then go play on turf. We are practicing on turf to go play on turf whether it is home or away. There was an adjustment period but it is faster overall and it feels better to play on."

Coaches from both teams could not wait to release the news about the new field. Head Coach of the football team, Tim Launtz, was very happy to hear the news, "I was extremely excited. We had a game that day, and during the pregame talk I told our players, 'Guys we are getting turf!""

Head Coach Caroline Gillich of the woman's field hockey team explained the importance of getting the word out about the new field, "We were able to tell everyone, telling recruits, telling opponents' coaches so they couldn't say 'why would you want to go to Juniata because they have grass.' They could not say that anymore."

Both teams were able to use the field before their seasons begun. "As soon as we came in for preseason, it was ready for both football and field hockey. We both started using it right away," Gillich said.

This early practice on the turf was crucial. Howard said, "This summer was a really big preparation for the turf. We had to condition a lot more because turf is so much faster and you have to be able to adjust and make your movements quicker. We also, in the first week, worked on different hits and which ones worked best on the turf."

Having turf is much more convenient for both practices and games. Both teams benefit from having the new turf. "For field hockey yes, it is easier to play on turf because it is much more consistent than grass where you have bumps and divots and you have to worry about weather conditions. With the turf we don't have to worry about weather as much," Howard said.

Launtz said, "Our old football field had this pretty significant crown in the middle of it, all of our players were happy to see that we had a field that was flat now. It makes for a much better environment for us to practice, prepare and train. That's the huge benefit."

The new turf required players from both teams to make necessary adjustments. According to Launtz, "There were some changes in terms of footwear. You still wear regular football shoes on this but they recommend that you don't go to a real aggressive type

Gillich said, "Our turf skills are getting there, we do not even have all the skills yet to utilize on the turf. We do not quite have home field advantage yet on every team. This surface is newer to us."

Because the football and field hockey team share the new turf, both teams have to coordinate their schedules. "Coach Launtz and I understand that we both want to be on it as much as possible. We have to really work together to make sure that everyone is getting what they need. Wants will come later, needs are right now," Gillich said.

The football team occasionally uses the grass practice field in order to share the turf. Launtz said, "We share the field with field hockey, it's been a great working relationship, we felt we needed some more time that's why we went to the grass.'

Howard said, "It is different but we saw that coming. It is something we are not familiar with. We are used to being able to just practice whenever we want and just being there by ourselves. It can be inconvenient because academics come first and with meetings and clubs and other things that go on within that time; but you have to find a way to work around it."

Bicher said, "Last week we had to share and it went late at night and the problem was that we almost missed dinner. After practice meals are very important."

This new turf will help both Gillich and Launtz recruit more players in the future. "It was a matter of finding those kids that could help us that that were academically and financially capable of going to Juniata that would play on grass. Those kids were far and few between," Gillich said.

Launtz said, "The turf is very advantageous for our recruiting. There are many high schools playing on turf. Everyone had one and we didn't."

Both teams were involved in the decision process and installation of the new turf. "Greg

Curley, the athletic director, allowed us a lot of input and we took advantage of it. We looked at several different turfs.

We were asked what we wanted, what g max we wanted and how soft we wanted it," Launtz said.

The athletes were involved in the installation process as well. Howard said, "We found out last spring and we were doing phonathons calling alumni to raise money."

"We have the right g max and we can maintain that for football while still making it faster for field hockey and that was certainly was our goal. To give them what they needed and to give us what we needed," Gillich said.

All together, this field will improve the atmosphere at Juniata.

"It was a big year having a new team room and then also having a new turf. This year feels very new. This one is a complete break from everything we have had in the past and it is a brand new beginning whether you are a freshman or a senior." Gillich said.

According to Howard, "This year is the fortieth anniversary for field hockey being an NCAA sport here at Juniata, so we are having a big celebration for that and showing off this new turf that we have. I'm excited for the alumni to come back."

Mr. Juniata competition allows a freshman to evaluate life

By KUNAL ATIT

My Mom and Dad sent me to college with the same desire most Indian parents do: that I'd study 20 hours a day, sleep the other four, stick meals and laundry in there, be top of the class, and at the end of it all, head off to medical school to become a doctor; like any good kid should.

For the first couple weeks on campus I had every intention of being that kid, kind of. My six meals a day took priority over the studying part. I would wake up, brush my teeth, shower (sometimes), eat breakfast, go to class, eat my second breakfast, think about studying, surf the internet, go back to class, eat lunch, "study with



some friends," translation: sit on Sunderland lawn and complain about how much work I have, go to my afternoon class, eat lunch around 2:00 p.m., get my books out, eat dinner, do homework (look I'm a good kid) eat a midnight snack (a mans got to eat) and sleep.

So while I wasn't exactly what my parents envisioned at least I ensured I wouldn't die of starvation,

THUMBS UP, THUMBS DOWN

cards. Is it the card that expires or the person?

something that doesn't taste like salt.

mate was 100% sure it was tomorrow.

Thumbs down to the expiration date on the new gold

Thumbs up to the smoothies in Baker for giving us

Thumbs down to not having sashes at Mr. Juniata. It

really took away from the legitimacy of the compitition.

Thumbs up to no campus wide Mountain Day fakeout.

It was great not being drunk in class when my room-

and I thought about being a hard worker. I was happily on my path to obesity and a 2.0 GPA, when a little thing called the Mr. Juniata competition came my way.

A chance to be the center of attention of campus for three hours, not that that would appeal to me or anything. I could pretend to be the unknowing bystander who unexpectedly was nominated, but seeing I harassed almost every freshman on campus to vote for me, I might as well admit, I was more desperate than a freshman at a party at East.

After hounding half the campus over the course of the next week a little email popped up on my laptop during one of my fake study sessions at the library (One thing I've learned about the library, no one really studies on the first floor). It was then I was catapulted into the mysterious world that was Mr. Juniata.

That evening I went down to Lobsterfest. I was standing in line for food when a girl (or rather the most beautiful thing I've ever seen who I now refer to as "The Angel") behind me asked if I was the freshman who got in, it was then I felt like a celebrity no one really cared about, a.k.a. Lindsay Lohan, it was brilliant.

Fast forward to the first Mr. JC practice and I realized the requirements were a huge ego, baseless self confidence, severe narcissism and a lack of inhibition. So basically I fit right in. People say white people can't dance, but in relation to me they look like Michael Jackson, so as you can guess that the Mr. JC dance practices didn't go so well for me, I served as a confidence boost for every other contestant.

The talent part was a bit easier, my only real talent is I can hold a semi pleasant tune, so singing was the way to go. The lazy song describes my mindset. With the help of some friends we put on an act to remember and all the contestants did great (we did better) Now that its all over I can get back to studying.... I

Backpack Horoscopes:



No backpack: You don't have your backpack today. In fact, you don't seem to have anything. Your gold card isn't with you. You forgot your keys. With all these losses the day will seem ruined. However, you will soon find something that you have been looking for.

Messenger back: You have the messenger bag. sport it around everywhere. Stuffed with everything, you seem to be walking slightly askew. You will seek balance in the coming days.





Average Backpack: You have the average backpack. You go do your average things. You have average Baker meals. Things might seem to be dull, but something extraordinary is in your future.

Gigantic Purse: You carry a gigantic purse around as a backpack. You think ordinary bags are just too blasé. You may be too cool to have the average backpack, but the weather will not be. Warm weather is in your



crack myself up.

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Wimpy girls & rugby: Based on a true story By MOLLIE EHRGOOD

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VOLUME 94, ISSUE 2

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THURSDAY, OCTOBER 11, 2012

Sex offender Sandusky recieves 30 to 60 years

Central PA native applied to coach football at Juniata, was turned down after background check

By JM DUBENSKY

Jerry Sandusky was sentenced to 30 to 60 years in prison on Tuesday Oct. 9 in the Centre County Courthouse in Bellefonte, PA. Sandusky's sentence follows his conviction for 45 counts of sexual abuse involving ten boys over a 15-year period.

Sandusky was convicted in June after a series of investigations concerning a scandal involving Pennsylvania State University in State College, as well as the Penn State Football Team. As a result, Penn State and State College have held the attention of the national media for the past several months after the accusations first surfaced.

"It's kind of like a culmination," said junior Brian Scholly, a State College native. "It's the end of it. There's still people that talk about it and how big of a deal it was, but I think the sentencing will finally allow people to move on from it all."

Sandusky, at 68 years old, was expected to receive a sentence, which would keep him in prison for life. Several of the charges against him carried a maximum sentence. The final amount of jail time could have exceeded 400 Some people believe the sentence was too lenient. "His sentence isn't fair to the victims," said freshman Charles Sweigart. "In

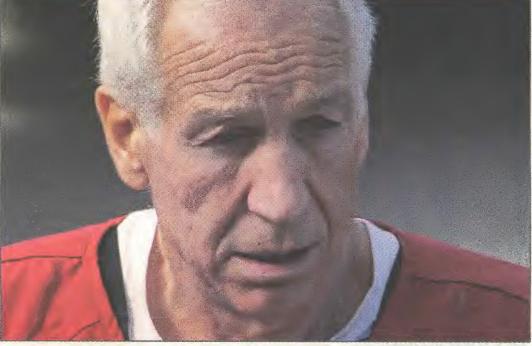


PHOTO COURTESTY OF THE ASSOCIATED PRESS Sexual predator Jerry Sandusky was sentenced on Oct. 9, 2012. Sandusky maintains he is the "victim."

my opinion he should have gotten

a life sentence."

In the interim time between being convicted and being sentenced, Sandusky was kept in prison and continued to state that he is innocent. He called his situation a "well-orchestrated effort" by accusers, the media, investigators, attorneys and Penn State itself.

"Sandusky is definitely the bad guy," said junior Angela Myers. "But I hope for his sake he's put in a part of the prison where he doesn't have to deal with other inmates."

Due to the close proximity of State College to Huntingdon, Juniata College has felt some of effects of the Sandusky trial. Sandusky tried to work as a coach at Juniata in the fall of 2010 before the investigations began, but his background check did not go through,

and he was denied a position.

"I remember hearing on the radio over the summer when everyone found out how Juniata had handled Sandusky," said Scholly. "It's a situation no one would want to have to handle, but there were a few remarks and even jokes about how Juniata handled everything a lot better than Penn State did."

"Most people at Penn State didn't even know Sandusky was

around Juniata at all," said senior Elena Woiciechowska, also from State College. "I really don't see the same effect here at Juniata, even though State College is just over the mountain. Back there, all of this has made people closer together."

The hearing also designated Sandusky as a sexually violent predator, which would require him to adhere to strict reporting guidelines upon his release. However, given his age and the magnitude of his sentence, this may have little practical effect.

"Sandusky would probably be in more danger if he wasn't in jail," said junior Michael Dunkelberger. "Let's be honest - Casey Anthony's entire family had death threats. What Sandusky did is arguably worse."

Three of Sandusky's victims gave statements at the hearing concerning how their lives have changed as a result of Sandusky's abuse. Some people believe that Sandusky's sentence will be enough for the victims, while others believe that they should possibly be financially compensated

"Ultimately they need to be supported," said Scholly. "Whether it's a money settlement or just

▶ see SANDUSKY page 3

Sexual discussions: lifting the taboo Senior, Reimer promotes sexual education to students

By Caitlin McCann

Senior Rachel Reimer, an intern at the Juniata Health and Wellness Center, is spearheading a project to raise awareness about sex.

"At Juniata we talk a lot about drinking, but we don't talk as much about sex," said Reimer. Reimer feels that sex is still somewhat of a taboo topic at Juniata, something she hopes to change.

She is not the only one. Freshman Emma Campbell agrees that sex is not an open topic on campus. "I believe sex is definitely a taboo subject," said Campbell.

Reimer wants to make sure that new students at Juniata can become educated about sex. "I feel like a lot of underclassmen that come here have never had that kind of freedom," said Reimer. Her campaign is designed to improve their awareness.

"I am starting with posters with different information on them about STI awareness," said Reimer. "I feel like a lot of people aren't aware about how risky [STI's] are."



JEFF BRUZEE / JUNIATIAN

Senior Rachel Reimer plans events like the upcoming "nap day" in an office at the Health and Wellness center.

Last year, a reported 19 million new cases of STI's were confirmed in the United States, and Reimer hopes to break down that statistic and estimate the number of people on Juniata's campus who may be infected with an STI and be unaware of that fact to encourage people to be more careful.

Reimer has applied for a donation from "One," a condom company who will hopefully be donating 1000 free condoms to

▶ see AWARENESS page 6

Five new clubs at JC RSO's create exciting opportunities

By NATASHA D. LANE

Juniata is currently home to more than 90 clubs. Campus clubs are almost entirely student run and provide extracurricular activities for students. This year, three new clubs and a returning club are added to the list: Disc Golf, Nourish International, African Dance and Drum and Skull Diggers.

Junior Andrew Blunk is the president of the Disc Golf Club. Before joining the club, students may wonder what exactly disc golf is. Blunk explained how the game is played. "It is exactly like ball golf, but instead of hitting a ball you throw a Frisbee. Instead of having a hole that you're aiming for you're aiming for a basket," said Blunk.

Despite many being unaware of disc golf, Blunk says its gaining fans. "It's a sport that just in the past few years has been getting very popular in the U.S. It's actually the second largest growing sport in the U.S., which surprises a lot of people. It's right behind lacrosse," said Blunk.

Blunk, who has been playing disc golf for eight years, chose to bring the sport to Juniata because of his love for the game. "I've been playing disc golf since I was in the sixth grade. It's my favorite sport. I really wanted to start a club here because I just wanted to get a group of people together who either know how to play or are interested in playing so that I have other people to play with," said Blunk.

Blunk has high hopes for his club and believes that anyone interested should join. Blunk said, "It's awesome. Come play."

Senior Annette Masterson is the secretary of Nourish International, nonprofit organization whose main purpose is to fight hunger across the world. The organization was started at the University of North Carolina by students who felt a need to stand up against international hunger.

Masterson explained the components of the organization and how it functions. "Basically the students take control of it in each

▶ see RSO'S page 5

Republican candidate Mitt Romney hopeful about campaign

Students and faculty weigh in on former MA governor's chances of winning the election

By ZACH LEMON

As the 2012 presidential election approaches, Republican candidate for president Mitt Romney is having difficulty appealing to some Juniata College students. His conservative stance on LGBT issues, his foreign policy message and the perception that he is detached from students struggling to pay for higher education all seem to be pushing away some of the student demographic.

Laurel Watkins, a freshman with an environmental science POE, said, "I've looked at both of the platforms and I agree with Obama's more, specifically with the environment, and the war and gay rights." She also spoke of her peers' concerns for the future of higher education.

LGBT issues, or gay rights, are often cited as a key voting issue for many students at Juniata College.

"I think the country is just moving towards a more pro-gay rights attitude," said Katrina Biglin, a junior with a POE in early childhood special education. She is a registered Republican in New Jersey, but says she is having a difficult time deciding whom to vote for.

"I have a hard time voting for Romney because of his stance

on gay rights. If he could just fix that, it would make my decision a lot easier." Biglin plans to watch the debates to get a better sense of each candidate's platforms.

Several students spoke of the War in Afghanistan as a key point in the presidential race. James Guanciale, a sophomore studying biology, is a registered Libertarian who is uneasy about Mitt Romney's foreign policy.

"He's way too gung-ho. He wants to go to war with Iran, which is not a good idea in my opinion," said Guanciale. Emil Nagengast, professor of politics at, summarized Romney's foreign policy stance by saying, "Romney wants us to go back to Bush's neoconservatism."

"The neoconservative path, we've seen where that gets us. It just makes more and more of the world hate us. Americans are just tired of the world hating us," said Nagengast. He thinks that Romney should focus his message more on his plans to improve the economy. Nagengast was surprised by certain aspects of the 2012 presidential race in particular.

"It is a strange development in American politics that in this campaign ... wealth and success are bad things." Nagengast sees



CLIFF WEATHERS/ NY ALT NEWS

Republican presidential candidate Mitt Romney campaigns with his running mate, Representative Paul Ryan.

Romney's business experience as an asset, but says that students do not see it the same way.

"I would much rather have a successful businessman or woman in the White House than a social activist," said Nagengast. He went

on to say, "There are so many factors that outweigh that one."

There is still a core group of students who plan to vote for Mitt Romney, and some who are excited by what Romney is bringing to the campaign. Noah Walstrom, a

senior with a politics POE and secondary emphasis in communication, is a registered Republican and thinks that Romney is a balanced and more moderate candidate.

▶ see ROMNEY page 5

One-credit courses prove beneficial

Career, community courses give students a taste of the real world

By Tommy Imbrogno

Students have the opportunity to take one-credit courses throughout their years at Juniata. Students take these courses to plan their career, help the community or receive an additional needed credit.

Juniata offers many hands on, one-credit courses to help prepare students for the real world. John Mumford, library director instructor, has been teaching the onecredit course Library Research for over 20 years. "It is something that I really enjoy and prepares students for other courses where they will have to use the library," said Mumford.

Freshmen Kelvin Abrashoff said, "I took Library Research because I thought it would be easier than other courses and it has helped me learn how to use the library."

Abbey Baird, director of community service and service learning, teaches four one-credit courses: Community Engagement, Urban Emersions, Spring Break Alternative and Cultural Learning.

Baird has taught these four courses in her four years at Juniata. "I really enjoy working with volunteers and being out in the community making a difference. The courses I teach are all experiential learning," said Baird. "An example is by actually going out in the community and helping others. It gives students real world experience, they are forced to communicate with people outside of Juniata and to learn about issues that are going on off campus."

Senior Caitlin Davies took the one credit course Community Engagement. "I do a lot of volunteering on campus so it was another way I could provide my services and receive a credit. It also expanded my volunteering into the community," said Davies.

Darwin Kysor, director of career

services, teaches Career Planning and 21st Century Career Search. Kysor has been at Juniata for 16 years, has taught Career planning for 15 years and 21st Century Career Search for three years.

Freshmen Mori Hitchcock is currently taking Career Planning. "I am an exploratory POE and I saw on the arch that it was a good class to take for someone who is undecided about their future," said Hitchcock.

"Career Planning helps students who are undecided about their POE choice and career direction, while 21st Century Career Search helps students develop and implement their plan for transitioning from Juniata to the world of work, a graduate program, professional school or whatever the case may be," said Kysor.

Some one-credit courses can be considered more helpful than others. "Beneficial courses will prepare you for graduate

school and searching for a job," said Mumford.

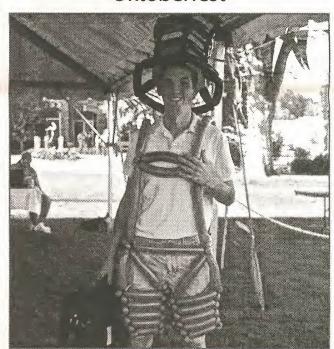
"My POE is Education Studies and Human Development. I have a lot of interests in working with nonprofit organizations. In Community Engagement everything we volunteered for was through nonprofit organizations, which was a way for me to learn about and become more familiar with the community outside of Juniata," said Davies.

One-credit courses may seem insignificant compared to three credit courses because of the credit difference. This is not the case however. "Both Career Planning and 21st Century Career Search taught by Darwin Kysor are very applicable when you graduate college," said Baird.

Three-credit courses can become time consuming and overwhelming. "Students want to update their

▶ see ONE-CREDIT page 6

Oktoberfest



Freshman Neal Donovan came to Oktoberfest and showed off his balloon-manipulating skills. German Club hosted their annual BYOB event on Saturday, Oct. 6, selling bratwurst, pretzels, and hot cider, and playing German music on the quad.

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Juniata's close proximity to Penn State scandal

▶ from sandusky page 1

whatever allows them to move on from this in what they feel is the best way."

"They should definitely receive counseling," said Sweigart. "But as far as compensation goes, I think him being put away is enough it's closure for the victims."

"They should just be left alone, mostly," said Myers. "It's such a private matter, and it's something that they'll need to be allowed to deal with on their own."

Woiciechowska believes that throughout the investigation process, the victims have been forgotten, and the focus has shifted to punishing State College.

"Unfortunately, there's not much that can be done for the victims that will really help them," said Woiciechowska. "But if the victims have good reasoning as to

why they need financial help, then yes, they should receive it. Still, all of this should be more focused on the victims. I know some of them have spoken up and said that much of the negative attention that's been directed towards Penn State is not what they wanted."

Woiciechowska works as a figure skating coach at the Penn State ice rink, and says that as a result of the trial all Penn State Athletics employees had to take a two-hour course about child abuse and how to report it. All athletic employees receive badges that say "We Are. We Care," which indicates that you took the course, and it must be worn at all times.

"Basically, it's your job to wear the badge when you're working and around anyone under 18," said Woiciechowska. "I don't know if it's the same for professors or other school employees, but all athletic workers definitely have to have them."

"Penn State employers now check credit score, driving records, and things like that," said Scholly. They're being very thorough, and some people think it's overkill."

Woiciechowska believes that the sentencing will finally bring some relief to State College.

"The media at State College is kind of annoying," said Woiciechowska. "I feel like a lot of stuff is blown out of proportion on TV about the trials and everything. It's amazing that there are still as many reporters."

"I think the general consensus is that everyone wants to move on," said Scholly. "It's really a whole new atmosphere and people want to turn the page on it. They don't want to forget it happened, but everyone is ready to take that next step forward."

FNL





Left: Kelly Taylor makes himself comfortable in front of the crowd. Right: Laughs and cheers were common through the duration of the

Unique teaching methods provide students with less stress

By LOUIE NIGH

Two professors at Juniata College engage students by incorporating traditional Chinese exercises into their lessons. Debra Kirchhof-Glazier and Philip Dunwoody have students participate in Qigong and Tai Chi exercises during class time.

Kirchhof-Glazier teaches Biology 290, Nutrition, and Biology 190, Human Biology. At the beginning of every class, she instructs a Qigong breathing exercise consisting of 36 "soft-belly breaths."

"Qigong is a type of Tai Chi, and it's a lot simpler. The movements are a lot less complicated. There's nothing magic about what I do in my class, which is 36 breaths in the Qigong position," Kirchhof-Glazier said.

Kirchhof-Glazier has incorporated these exercises into her class because she is concerned with the stress among her students.

"I've been teaching since 1980, and the stress level of students has gone up considerably, ever since technology took over. People don't take time to just chill," said Kirchhof-Glazier. "I see a lot of students who are struggling with stress, so for the past 10 years, I've been doing stress reduction in my classes."

Kirchhof-Glazier said that the breathing exercises have a relaxing effect, which she hopes will help lower student stress. She has been using Qigong exercises to de-stress her class for three years now.

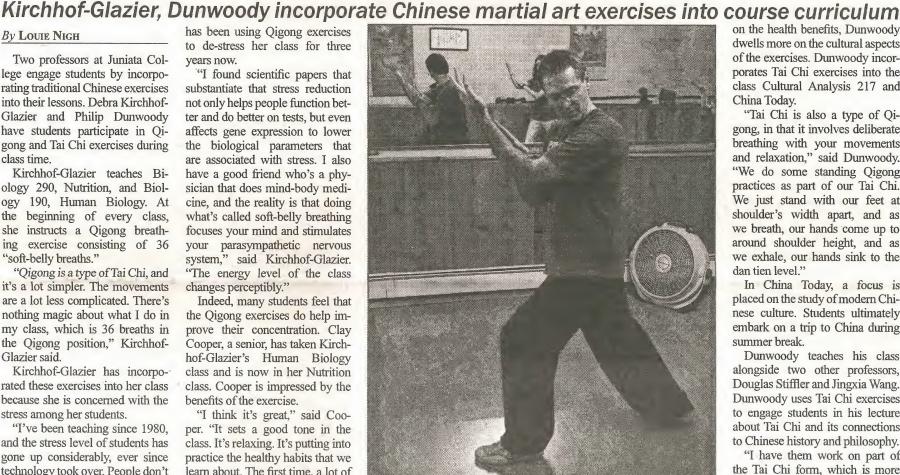
"I found scientific papers that substantiate that stress reduction not only helps people function better and do better on tests, but even affects gene expression to lower the biological parameters that are associated with stress. I also have a good friend who's a physician that does mind-body medicine, and the reality is that doing what's called soft-belly breathing focuses your mind and stimulates your parasympathetic nervous system," said Kirchhof-Glazier. "The energy level of the class changes perceptibly."

Indeed, many students feel that the Qigong exercises do help improve their concentration. Clay Cooper, a senior, has taken Kirchhof-Glazier's Human Biology class and is now in her Nutrition class. Cooper is impressed by the benefits of the exercise.

"I think it's great," said Cooper. "It sets a good tone in the class. It's relaxing. It's putting into practice the healthy habits that we learn about. The first time, a lot of students look around and think, 'What?' But once you do it, you really benefit from it."

Katelyn Szczur, a sophomore, is another one of Kirchhof-Glazier's students. Like Cooper, she feels that the exercises help her relax.

"It allows one to de-stress and prepare your mind for the upcom-



DYLAN MILLER / JUNIATIAN

Phil Dunwoody, associate professor of psychology, teaches posture dynamics before applying it to practice.

ing material," said Szczur. "You can feel it working. It just helps to clear your mind in general."

However, not all students appreciate the exercise.

"Everybody does it, but some people don't believe that it helps them, so they either do it quickly or look at notes," said Cooper.

While Kirchhof-Glazier focuses

on the health benefits, Dunwoody dwells more on the cultural aspects of the exercises. Dunwoody incorporates Tai Chi exercises into the class Cultural Analysis 217 and China Today.

'Tai Chi is also a type of Qigong, in that it involves deliberate breathing with your movements and relaxation," said Dunwoody. "We do some standing Qigong practices as part of our Tai Chi. We just stand with our feet at shoulder's width apart, and as we breath, our hands come up to around shoulder height, and as we exhale, our hands sink to the dan tien level."

In China Today, a focus is placed on the study of modern Chinese culture. Students ultimately embark on a trip to China during summer break.

Dunwoody teaches his class alongside two other professors, Douglas Stiffler and Jingxia Wang. Dunwoody uses Tai Chi exercises to engage students in his lecture about Tai Chi and its connections to Chinese history and philosophy.

"I have them work on part of the Tai Chi form, which is more a series of moving meditation, or a series of movements where you focus on harmonizing your breathing with your movements," said Dunwoody. "That's to emphasize the meditative, health side of Tai Chi. I also have them do a number of partner drills, so that they learn something about the martial side of Tai Chi."

Tai Chi has a strong basis on Chinese Daoist philosophy and

"Tai Chi is one of the softer martial arts, which primarily emphasizes sensing your opponent's energy and using that energy against them," said Dunwoody. "Rather than based primarily on speed and force, it's based on awareness of those around you."

Tai Chi exercises come with many health benefits, according to Dunwoody.

"It's excellent for your balance, it provides awareness of your body mechanics, and it's very good for relaxation," said Dunwoody. "It teaches body awareness of where you're holding tension, and teaches you how to relax. If you're interested in learning a traditional form of Chinese Kung Fu, because there aren't many around here, it does at ▶ see MARTIAL ARTS page 7

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Abandoned animals in danger if funds are not recieved

Seemingly unknown Huntingdon County Humane Society shelters approximately 1500 animals yearly

By HALEY SCHNEIDER

The Huntingdon County Humane Society is a non-profit organization with a commitment to helping abandoned or stray pets find a home. Since it can be costly to run this organization, receiving support from both the community and Juniata College is vital.

According to its volunteer handbook, the Huntington County Humane Society can shelter and care for about 60 animals at once. These animals are almost always stray or abandoned cats and dogs.

"The main thing we do is take in unwanted pets and strays," said Kim Whittaker, the director of the shelter. "Each year we do about 1500 animals."

The Humane Society provides animals shelter and care until they can find the animal a new home. The shelter sets itself apart by allowing a healthy animal to remain in the shelter for as long as necessary.

"We qualify as a no kill center, because the only thing that we euthanize for is disease or temperament," said Whittaker. "Other

than that, we can send them into a rescue, which is a larger group. That way, if they're not adopted here they have a chance to get adopted elsewhere.'

Therefore, the Humane Society needs considerable funds to keep up with daily expenses and care for all of the animals.

"They are doing a lot to raise funds, because they need funds to stay in existence," said Professor Ann Echols. "They are the only humane society in the Huntingdon County area, so they serve a wide area."

The humane society rescues animals from both Huntingdon county and Mifflin County, and depends on donations and money earned through fundraising.

"Our budget is over \$180,000 dollars a year," said Whittaker.

When asked how important donations were to the shelter, Whittaker said, "Completely, because that's the only means we have of money. We don't get any kinds of government grants."

This semester, Echols' management process class, or EB 201, is working with the Humane Society

to raise money and awareness.

"They need help with a lot of things, and she's been trusting our students in EB 201 to help with a lot of things," said Echols.

These students are working on a variety of projects that benefit the humane society, such as updating the volunteer manual, working on the website, and creating a Power-Point presentation to attract large donors. A group is even working to educate the community about the importance of having an animal spayed or neutered.

Another group of students in Echols' class is marketing for the Humane Society. Senior Jennifer Robertson is a member of this group.

"I'm working with a group of other students to help the Huntingdon Humane Society promote a fundraising event," said Robertson. "At this point in time, we are not entirely sure which event the Humane Society wishes for us to advertise, but we are assuming it's their yearly Walk-A-Thon. By promoting this event, we hope to help the humane society raise money to support their organiz ation in the future."

Currently, the Marketing group is in the planning stages for this project, but they are already creating plans for how they can best spread the word about their event.

"We expect to be advertising the event through the use of posters, news paper advertisements, and the Juniata radio," said sophomore Luke Kalinowski.

Echols' business class is not the only group of Juniata students with an active interest in keeping the Humane Society running. Members of Juniata College's PAWS club have also been working to raise funds.

"There's been a big push to raise money because they were in a lot of debt and they needed a lot of money," said Junior Valeriya Smithka, president of PAWS.

Members of PAWS typically volunteer at the Humane Society at least once a week. Currently, PAWS is planning fundraisers like a spaghetti dinner and a bake sale on campus.

Both EB 201 students and PAWS members are in agreement that helping the Humane Society take care of unwanted pets is a worthy cause.

"I think the problem as a whole is important because I think that, either directly or indirectly, almost all of us have contributed to the stray dogs and cats problem in the United States," said Smithka. "I think it's important that we take care of that."

"It is great how they are allowing these animals to find a good home," said Kalinowski. "Everyone that works there puts so much time and effort to help these animals and in order to give them the best chance at finding a home the shelter needs money for all the supplies."

"I do believe it is important to raise money for the humane society, as they play a major role in aiding and placing thousands of animals over time," said Robertson. "They help the community by providing events such as holding multiple rabies clinics and encouraging owners to spay/neuter their pets. Overall, this is highly beneficial to Huntingdon and its neighboring communities."

Professors on leave cause Juniata students to stumb Sabbaticals enrich lives of professors, students struggle to find adequate replacements

By GAVIN EDGERTON

While the student body at Juniata drastically changes yearly due to graduation, study abroad and enrollment, professors are usually considered more permanent members of the Juniata community. A sabbatical or leave of absence every few years is beneficial to professors, but it leaves a hole in our community.

According to Brad Andrew, associate professor of economics and chair of international studies it can be difficult to replace faculty members on sabbatical because everyone plays such an important role

"Presumably the person being replaced has been here for at least seven years. This means someone coming in may not be as invested in the success of the college because they may only be here for a year. That could cause some issues," said Andrew. "Courses and activities that are required will not disappear but some of the additional activities may."

Celia Cook-Huffman, W. Clay & Kathryn H. Burkholder professor of conflict resolution and director of baker mediation services was on sabbatical during the 2011-2012 academic year. According to Cook-Huffman one of her extracurricular programs did not continue during her absence.

"There are certain projects that were mine in a way. For example the kindergarten project took a year off. It's a program where we go over to the local kindergarten; we've been doing it for quite some time. The college students that are involved in the PACS department go over and teach conflict resolution models. It's a great way to get college students to get the material when they teach it to someone else," Cook-Huffman said.

The absence of this program did not just affect Juniata students but also the local kindergarten. "The kids don't get too much pro-social training in school. The teachers really appreciate the college students coming in and teaching 'I' state-

ments and good listening skills," Cook-Huffman said.

While some programs do go on hiatus while professors leave, most will continue. An example of this is the Model UN course that was previously taught by former Head of Baker Institute Richard Mahoney. The course is now taught Assistant Professor of PACS Polly Walker, who replaced Cook-Huffman during her sabbatical last year.

Model UN teaching assistant Derrick Magnotta explained that it was not easy replacing Mahoney but Walker has stepped into the role perfectly despite her different approach.

"Polly has no prior experience with advising Model UN, but she is actively engaged with the class. Dr. Walker has done great learning alongside the class and has taken a role as a professor learning with the students. It was a smooth transition," Magnotta said.

According to junior Collin Shay, since necessary academic programs will continue and with persistence extracurricular activities can also be continued, the biggest negative affect is the experience that is missing during sabbatical leaves.

"We are all heavily influenced by our professors and advisors. When professors are missing for a semester or even a year we miss out on meeting somebody that could influence our academic careers," Shay said.

Shay explains that at his prospective student visit his advisor was Phil Dunwoody, associate professor of psychology. "I found professor Dunwoody really interesting, and I would have liked to follow a closer academic path with him, but he went on sabbatical my freshman year. I do speak with him a lot now but it is interesting to think how my path would have changed if he had weighed in on some of my ideas. When professors are gone it leaves a major gap in experience," Shay said.

According to Student Sustainability Coordinator Joel Rhodes it is not only faculty members but

also Juniata students that are important in providing experienced knowledge. "One of the difficulties we face is that students graduate and go abroad and we are affected by that. Programs can be dropped strictly because the student that was running it is no longer here," Rhodes said.

Despite the cons, Andrew feels sabbatical is very important for professors. "Most professors find it really relaxing and invigorating to focus on a project, exclusively, for several months. It's something that we haven't been able to do since receiving our PhD's while working on our dissertation. The fact that we are in the profession we are in means we have a love for the field we are in so it's reinvigorating to focus in it again," Andrew said.

Cook-Huffman explains that sabbatical strengthens the community. "Professors leave for sabbatical to do professional development and grow as faculty. It's to reinvigorate ourselves. We should be better when we get back."

While on sabbatical during the fall semester of 2007, Andrew caught up on his summer reading list of economic, finance and investment books as well as working on research projects and developing Juniata curriculum.

"I prepared two presentations that I presented at the Robert Morris Teaching Economics Conference in February of 2008. I also created financial theory and analysis, which is offered every other spring," Andrew said.

As enjoyable and productive as sabbatical was for Andrew he felt a void from being away from campus.

"If you go on sabbatical there are a lot of people you won't see graduate because many people travel over their sabbatical. You miss out on some people you're very fond of and have mentored for several years. If they go abroad a year before or after your sabbatical that's two years you miss out," Andrew said.

Shay explains, "Studying abroad and sabbatical can have the same

effect; they miss us like we miss them when they're gone. Problems arise from the absence of members of our community but they can all be solved."

As Cook-Huffman puts it, "Students also spend time away from

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Sense of Well-Being

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campus so in terms of noticing who's gone when, it makes the transition pieces easier because they don't always notice when we're not here because they're not here. Everybody is doing their thing.





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Disc Golf, Nourish International among recently registered on campus

▶ from RSO's page 1

of their chapters. Basically what you can do is fundraise. You either send food or whatever you want to focus on depending on what chapter it is," said Masterson.

Though the club may be young, Masterson and the club president, sophomore Andrea Morrilo, already have plans. "There are a couple clubs here at Juniata we are hoping to team up with to see what we can do with them. There is the Environmental Studies Club and other clubs who are more active with nonprofit organizations so we'll see what happens with that," said Masterson.

Each chapter can choose to focus on one or several countries and what region in those countries. Masterson and Morrilo are unsure which country they will choose but have discussed possibilities and are hoping to hear opinions from the other club members. "We've talked about India, about her country, Honduras and other Latin America countries. Basically it's up in the air at this point depending on who joins and what we want to do," said Masterson.

Masterson believes the organization does more than simply develop chapters across the nation. They provide a support system for all their chapters and give necessities to start each chapter. "It's not just making a club. Here, you're done. Instead, it's here is the funding, here are the tools, here is how other people have done it. This is how people in our position as college students have affected extreme change in the international community," said Masterson.

Masterson will be leaving the College this year but she has high hopes for the club's future after she is gone. "My hope is that this will become a big club on campus. Since it's a program that gives so much support, it has the ability to continue on for years and develop into this huge thing," said Masterson.



MICHELLE MEROLA / JUNIATIAN

Freshman Alex Miller and junior Andy Blunk practice African drum rhythms. African Dance and Drum is a new club that instructs members in traditional African dance and musical styles.

Freshman Julia Linscott has decided to start her year off by introducing the new African Dance and Drum Club on campus. Linscott attended a performing arts high school in Massachusetts where she studied dance for six years. "I took my first African dance class in the seventh grade. It was offered at the school I went to. You had to pick a concentration and so I chose dance, specifically African dance, but modern dance too," said Linscott.

Though Linscott has studied other styles of dance, she says African dance is her favorite. "I had only done Modern dance for the past two years, but my real passion is African Dance," said Linscott.

Linscott sees African dance as unique from other styles. Unlike other dance styles, it focuses more on free flowing movements and less on technique. "It's a dance style that's based more on how the body is supposed to move as opposed to a dance style where technique is really crucial, like ballet where it's sort of unnatural movements. African Dance is based on

the agility the body has and moving in natural ways. It's supposed to be based on what is more physically possible." said Linscott.

Though dancing is a part of the club, drums provide the beat for the dancers to move to. Linscott is the dance instructor, but another student will be head of drums. "The lead dancer, myself, has to work with the lead drummer who has to learn all the rhythms, characteristics and the drum pieces that signal when it starts. I have a lead drummer, Andy Blunk. He is our vice president," said Linscott.

Linscott has four years to develop her club but she's already dreaming big. "Ultimately I would like to put on a huge grand show and have it be a cultural experience. I would like to show people that there's more dance styles than the ones people are used to," said Linscott.

Senior Marylin Cobiseno, president of Skull Diggers, has brought a club all about the dead back to life. Skull Diggers has existed in the past. Due to the club's inactiv-

ity in the past year, some students are not aware of it on campus. Cobiseno plans to change that this year and discussed possible fundraisers for the club. "We plan to do a campus-wide hall golf tournament. We thought that would be fun and then maybe also do a bake sale and t-shirts," said Cobiseno.

Though Skull Diggers is a history club, Cobiseno wants students to know history is more than just reading books. "History is not boring. It's not just sitting and reading. Archeology after all is a type of history. You go out and do stuff," said Cobiseno.

Besides focusing on history, the club hosts field trips and activities to different sites. "We do different things like go on field trips to different historical locations and different museums. We do some fundraisers. If there is a big thing going on like when the hurricane hit in Haiti, we will do a fundraiser for that. We also do activities where we bring in guest lecturers through the history department and promote the study of history, anthropology, archeology and dead

guys," said Cobiseno.

Skull Diggers is a history club but Cobiseno encourages membership in the club despite one's major. "It's a club for kids who are interested in history across a wide variety of disciplines," said Cobiseno.

"History is actually important and not just a waste of time because it applies to every field," said sophomore and vice president, Amberle Nickas.

Cobiseno is not concerned about competing with other clubs for membership. She believes their club is one of a kind. "There's no club that's about history and anthropology. We're kind of in our own little field," said Cobiseno.

Students are already showing a strong interest in these new clubs. "I think Skull Diggers is pretty cool for me because it deals with anthropology which is my POE. African Dance sounds cool too," said sophomore Olivia Hockenbroch.

Sophomore Thomas Tyugen, executive board head of clubs, is very optimistic about the new clubs. "I think they're great actually. I believe that if you can make it through the approval process than you deserve to be a club," said Tyugen.

"I think the clubs sound really interesting. It should hopefully get a lot of people interested in the clubs and to go out for different and new things," said freshman Melissa Rutherford.

James D'Amico, assistant director of office of student activities, believes the clubs bring not only extracurricular activities to students but learning opportunities as well. "I think that with the liberal arts life style here at Juniata, a lot of the students need to have the arts but they also need to have those academic experiences outside the class room and leadership opportunities. A lot of these clubs in one way or another I think embody all of those qualities," said D'Amico.

Former businessman Romney seeks economic improvement, tax adjustments

► from ROMNEY page 2

"I'm not a million miles to the right of everybody else, and I think as much as Romney is criticized for not representing the Republican Party as much, and as much flack as he's taken for flip-flopping, I think he provides that push to the middle that I personally like," said Walstrom. Walstrom said that he wished Romney had run in 2008

instead of John McCain.

Mitt Romney's campaign does have advantages. One advantage, according to Dennis Plane, professor of politics, is monetary.

"The biggest strength is his ability to raise money," Plane said. "Romney has much greater support from SuperPacs." These are large fundraising organizations which pull in money from individuals and interest groups

to support a political campaign through advertisements and other methods.

Despite Romney's ability to fundraise, he is slightly behind President Obama in national polls. According to the Christian Science Monitor, Mitt Romney is trailing by between three and four points. A better indication of the contest can be seen in the battleground state polls.

"We don't decide elections based on the national polls, we decide elections based on battle-ground states, and the Electoral College," said Plane. Battleground states are hotly-contested states with strategic value to candidates. Although Pennsylvania was once a battleground state, Plane says that Obama is now firmly ahead.

"If the election were held today, Pennsylvania would go to

desserts

live music

trivia nights

board games

study sessions

Obama," he said.

Of course, opinions change, but Plane says that Romney has not been doing enough to reach out to students. According to the Center on Budget and Policy Priorities, Paul Ryan's budget plan would cut Federal Pell Grants by about \$50 billion during the next ten years.

"Obama's the one who is actively reaching out to students. Now students are not as firmly in the Obama camp like they were in the 2008 campaign, but they are still in the Obama camp." Plane says that as fewer of the college student demographic come from privileged or upper-class backgrounds, they feel less in common with Romney.

Part of this could also be due to Romney's sound bites, which receive a great deal of media coverage.

One particularly damaging remark was caught on camera at a fundraising event and leaked by Mother Jones. In it, Romney said, "There are 47% who are with him [Obama], who are dependent upon government, who believe that they are victims, who believe the government has a responsibility to care for them. ... These are people who pay no income tax. ... [M]y job is not to worry about those people. I'll never convince them they should take personal responsibility and care for their lives."



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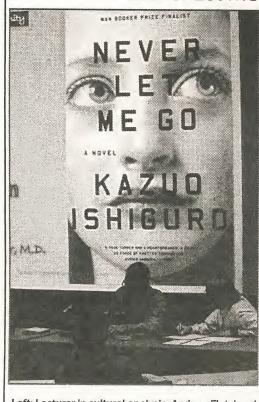
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Never Let Me Go Discussion







BESSIE WEISMAN / JUNIATIAN

Left: Lecturer in cultural analysis, Andrew Fletcher, lectures on medical education in relation to the summer reading, "Never Let Me Go" by Kazuo Ishiguro.

Top Right: Students gather together to hear a discussion of the summer reading lead by various faculty members of Juniata College.

Bottom Right: Harvey Brumbaugh professor of Russian, Jim Roney takes notes on the lectures of his colleagues as they provide discourse in relation to the summer reading.

Kysor, Baird, Mumford teach real-life lessons

▶ from one-credit page 4

resume, begin their job search, etc. They get so busy in their regular academic classes, writing papers and studying for tests that they find it difficult to plan their next step," said Kysor. "When they take my class, it forces them into preparation for the real world. They will work on their plan for an hour or two hours a week and it outlines their future for them."

One-credit courses can also provide valuable information in a short amount of time. "A one-credit course may not be as time consuming as say a three-credit course, but good knowledge can be obtained without nearly as much commitment," said Mumford.

Not having enough credits is a problem for some students. One-credit courses are a reasonable solution without having to put forth as much time. "One-credit courses help you fill in your schedule. Also, if you ever have to drop a class a one-credit course can help you catch up without an overwhelming amount of credits," said Kysor.

"One-credit courses are helpful when you need to reach a certain amount of credits and don't want to take a three-credit course," said Baird.

If interested in taking a onecredit course, more options and information can be found on the registrar's website under academics and class schedules.

"I try to teach students the skills they need to carry out their own job search or their own graduate school search. Looking for a job is the same as looking for a graduate or professional school. Some of the tools are different but the process is the same," said Kysor. "If a student learns and is successful in getting an internship, the same process works for a job. If they are successful in one, they can be successful in all."

Health and Wellness optimistic for campaign

▶ from awareness page 1

her cause.

"We are going to be making sex goodie bags with several condoms as well as information about free pregnancy and STI testing within a 50 mile radius, and fun facts about sex that people may not know about," said Reimer.

She hopes that by raising awareness about available, confidential, free testing locations, more students will consider becoming tested.

On Oct. 24, Reimer will have a table in Ellis from 11-3pm. Here people will be able to ask questions, and free goodie bags will be given out.

"People can give us question cards for anything they do not want to ask in person, and we can create a letter answering the questions that were asked," said Reimer.

Additionally, posters will be displayed in all dorms as well as Ellis, and anywhere else that she can place them.

As of now, Reimer plans to make it a one-time event. However, if it is successful, she hopes to have another one perhaps before winter break.

If her cause gets enough attention, she wants to make it more of a gathering or seminar.

Reimer hopes that her campaign will make it so that people will feel more comfortable coming and talking confidentially to

health and wellness.

"I just want it to be a really open atmosphere because I feel like people are still afraid to talk about sex, and we shouldn't be at this point," said Reimer.

She does not merely want to raise awareness about risks, but also provide information to make one's sex life healthier and better.

One point Reimer hopes to stress for the future is creating a program for the incoming freshman at Juniata.

"Sex was never a topic that was brought up in Inbound," said Reimer. "We talked about drinking, drugs, schoolwork and feelings, but never once was sex brought up."

This, Reimer wants to change.

"I think that they should have an open talk about it, a discussion about not only what happens physically, but what it can do to your self esteem or how it can reflect your self image." said Reimer.

She hopes that if freshmen come into college with some sort of knowledge, the first couple months of college would be a better experience.

Reimer is not the only one on campus who feels this way.

"I feel like teenagers partly have sex because it is taboo," said freshman Emma Bodell. "Teenagers don't want to wait, so I feel that they should be told how to be safe rather than never do it. Because it is a taboo topic, a lot of issues are being created that could otherwise be avoided."

Bodell then spoke about sex in other cultures.

"In Cambodian culture, the father builds a separate house for his daughter to have sex in away from the family," said Bodell. "While I don't think the same thing should be happening here, I think we could learn something from how open it is there, and that it should be a much more accepted topic here."

"[Sex] should be an instituted part of discussion," said Reimer. "I feel that it's just not talked about enough."

Sophomore Hannah Thompson thinks that sex is a fairly open topic on campus, however it depends on whom you talk to.

When asked if the campaign is needed, Thompson said, "I think awareness is very important."

Another part of the campaign is helping students realize when they're being coerced into sex. Reimer is still compiling information for brochures, which she wants to be certain is credible and reliable.

By the end of her campaign Reimer hopes to have raised awareness about both the risks of STI's as well as have made sex a more comfortable and open topic on campus.

"I know that it is a big part of the 18-22 years of age, and your only this young one time, but herpes is forever," said Reimer.

Roving Reporter

Let's play two truths and a lie:

"My grandfather played catcher for the Phillies, I love drinking, and I came to Juniata for academics and not for football."



Dominic Bornman, '12



"I've travelled to 5 out of the 7 continents, I defeated the saltine challenge, and I've been skiing for 19 years."

Alyssa Bernstein '13

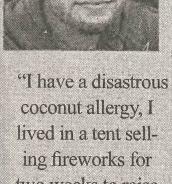
"I have my neck pierced, I love snails, and I know Morse code."

Jessie Toot '13



"I played a dog in a musical, I'm a member of the Barney fan club, and I'm an expert juggler."

Johnathan Abend, '14

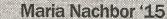


two weeks to raise money, and I wrote a rock opera."

Alexandra Bernosky '16



"I have a phobia of socks being tight around my ankles, Lady and the Tramp was my favorite Disney movie and now it scares me, and I cracked my head on the side of my house."





PHOTOS BY BESSIE WEISMAN / JUNIATIAN

Want to pay it forward? Blue Pig can help!

A little change makes a big difference

On each of the monthly Round-Up Days, bring your piggy bank to the table in Ellis Hall and empty into your class' bank.

Get your stamp card on Round-Up Day

ways to get stamped:

1. Empty your piggy bank

2. Wear blue on Round-Up day

stamps at the end of the year will get you a prize



Fall '12 Round-Up November 8 Days remaining: December 6

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Macbeth



DYLAN MILLER/JUNIATIAN

The cast of Macbeth warms up before rehearsal by practicing free expression to music. The performance opens Oct. 25 and will run through Nov. 3 at the Halbritter Center for the Performing Arts.

Chinese Moon Festival —







Top: Dressed in traditional clothing, Chinese students honor the tradition of the Chinese Moon Festival otherwise known as the Mid-Autumn Festival

Middle: Sophomore Qing Zhang performs a traditional Chinese

Bottom: At the end of the Chinese Moon Festival which was held on Saturday, Sept. 29, moon cakes, tea, and other Chinese treats were provided to attendees.

Tai Chi and Qigong provide break from mundane course-work

▶ from MARTIAL ARTS page 3

that level teach some self-defense skills and Kung Fu practice: It's a meditative, spiritual and physical discipline."

teaching a course dedicated solely to Tai Chi.

"Next semester, I'm teaching a two-credit course in the theater department on Tai Chi that's going to be on one to three on Fridays," said

Next spring, Dunwoody will be Dunwoody. "We'll meet weekly, so that'll be the greatest exposure that I've offered on campus to what Tai Chi is about and what benefits you can get from it."

> Dunwoody originally learned Tai Chi from a traditional Chinese

acupuncture doctor. During the summers, Dunwoody travels to California to train with Dr. Yang Jwing-Ming, a Tai Chi master.

"He's world famous as a Chinese Kung Fu artist, one of the most famous people alive today

in Chinese Kung Fu. He's the most talented person I've ever worked with by a long shot," said Dunwoody.

Dunwoody offers Tai Chi lessons at the Karate dojo on 609 Washington Street. Lessons cost \$40 each month, and are on Tuesdays from 5:00 p.m. to 6:15 p.m. and Thursdays during 5:30 p.m. to 6:15 p.m. Full-time students receive a 50 percent discount.

Julia Rippel, a freshman, learned about Tai Chi at a Piney Ridge open house, where Dunwoody did a presentation on the health benefits of Tai Chi.

She now attends the Tai Chi lessons that Dunwoody teaches off-

"It's very nice, and it's half off for full-time students. It's really relaxing, and there are probably students that want to get into the martial side of it, too," said Rippel. "I'm really enjoying it so far. It's all worked out very nicely."

Dunwoody also offers free Tai Chi stretching instruction on Thursdays from 5:00 p.m. to 5:30 p.m. More information is available at his website, http://huntingdontaichi.com/.



The Huntingdon County Republicans invite Juniata College students to stop in at our office at 216 Fifth Street, Huntingdon.

Open weekdays 5-8 p.m.; Saturdays 9 a.m. - 3 p.m. Absentee Ballot Applications Available

Bake Sale — Oct. 20

Debate Watch Parties — Oct. 16 and Oct. 22

Call 814-643-3410 or contact Carlton Logue, Juniata College Republican Chair, logvegx10@juniata.edu for upcoming events and questions.

Life Beyond Scholastics: Learning to appreciate the everyday things

In education, our identities and worthiness are classified by the degree of work and stress we endure. The embodiment of stress in students is not a new concept. In fact, students feeling too stressed has become a mundane reality of our world. The separation between what makes us happy in life and the satisfaction of success in school are merging. Through this merge, students lose enjoyment in their interests and become overwhelmed with overachieving to feel successful.

Students are obviously overwhelmed by coursework. Then again, everyone with a job, child or pet is overwhelmed in some way as well. So what makes the stress of a student different?

In four years, a student must discover who they are, what they want to do in life and who they want to be. Otherwise, you're living in the bedroom of your parent's house staring at all those loan bills. These four college years allow for personal discovery. This is the beginning to the rest of your life. Fairly concrete, isn't it?

Additionally, being a student is one of the only times you will work 30 hours a week while studying for two exams and writing a seven page paper the night before its due. A 30 hour work week is necessary to pay your bills while some students take up to 18 credits every semester in order to graduate early.

The majority of students juggle class while being involved in sports and clubs. We as students choose to do these activities. Technically, we have no right to complain then about how busy or stressed we are. However, our identities as individuals are classified as what sport we play or what club we are in. It is hard to not have these activities in our life when they are so much of who we are.

Students who play sports often have trouble separating the game from their education. After a decade of dedicating your life to the game, picturing oneself without the sport can seem impossible.

Some students earn degrees in Depression Association of Amermanagement or biology to become team managers, coaches or physical therapists.

Similarly, students in student government, drama and other extracurricular activities in high school will most likely be in that club in college. The identity of that club or sport can be a majority of who that person is. When course work is coupled with these interests, the need for an education and pursuing your interests becomes overwhelming.

Students will quit their club, playing their sport or spending time with their friends to study, write and read. But isn't that what we pay \$45,590 to come to Juniata to do? To get a good education and a good job afterwards? Then again, isn't the purpose of life to develop bonds, friendships, memories and connections?

Obviously there is no definite answer, but it seems like it is either one answer or the other. You can have a social life or you can be a

According to the Anxiety and

ica: suicide is the second leading cause of death in college students ages 20-24, one our of every four college students suffer from a diagnosable mental illness and 44 percent of American college students reported feeling symptoms of depression.

Not every exam or paper causes a break down. However, the daily three hours of sleep, four hours of classes, four hours of subsequent homework, club activities, work, etc. wears students down. The development of these mental illnesses becomes prevalent when a student becomes enthralled in succeeding in a combination of school, work, clubs and sports.

Stress and the obsession with getting good grades, graduating from college and getting a wellto-do job are programmed into us. In most cases, it is what we were brought up to believe.

However, a letter grade is not who we are. We should not define ourselves as A's, B's or C's. As a student, it is hard to differentiate between how successful we are in

school and how successful we are in life. To some, they may seem the same, to others, vastly different.

It is not up to one person to define how we place a value on success, worthiness or individuality. Everyone has their own values and beliefs in regards to what education means to them. We all have different backgrounds, stories and

It is important to remember that we as students are not solely defined by our college career. Our self worth is not determined by the number of clubs, courses and activities we participate in.

Our success and identity depend on the values we place, the goals we set, the connections we make and the memories we retain.

Life is not defined as a pass or fail. Outside the scholastic bubble, classes, sports and clubs are only a small portion of what we have to define ourselves by.

As Ferris Bueller once said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."



Campaign Spending



Cartoon by Jacqueline Barnett

Ask the Administration

How much money in the student government budget was not allocated to RSOs this year? What is the process from here on out for RSOs to apply for funds?

In the past few years, the Juniata College Student Government has been allocated just under \$200,000 at the beginning of the fiscal year. This year, however, Student Government was allocated an even \$200,000. Also, the clubs that did not reregister at the end of last year forfeited their remaining balances. This added \$10,078.27 for a total of \$210,078.27 in the Student Government operating account at the beginning of the 2013 fiscal year.

The Student Government Constitution requires that 42% of the budget be allocated to JAB. However, due to the various projects and events JAB is responsible for throughout the year, they traditionally petition for additional money to give them an even \$100,000 allocation. Therefore, they were granted \$100,000 for this year as well. The Constitution also requires \$250 be allocated to each community board, \$400 to the Freshman Class, and \$100 each to the remaining classes. Iraditionally, \$2,500 is set aside to pay for buses for Pig Roast

The allocation board is respon-

sible for allocating the remaining funds to the Registered Student Organizations (RSO's) as well as the Student Government Executive Board. The allocation process for the 2013 fiscal year took place last spring and approximately \$60,000 was allocated to clubs, organizations and the Executive Board. These allocations along with the Constitutionally mandated allocations make up the 2013 fiscal year budget and were proposed to Senate and were passed at the end of the of the 2011-2012 school year.

RSO's can petition for money anytime throughout the year by filling out the "Petition for Funds" form found on the Student Government website (http://www.juniata.edu/life/ studgov/index.html) and giving a presentation at the next Allocation Board meeting.

This year there have been a few petitions for money as well as a couple of new clubs. However, there is still just under \$50,000 in the Student Government account (contingency fund). This being said, there are many financial opportunities available for new clubs to emerge and for current clubs to pursue new projects and events.

-Carlton Logue, Student Government Executive Board Trea-

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Home Coming

- Hiday, October 12, 2012

 Hillel's Homecoming Shabbat (5:30-8)

 Cong. Agudath Achim, 10th and Washington St.)

 Apple Butter Making at the Raystown Field Station

 (6-8) Grove Farm, Raystown Field Station
- Friday Night Live Presents The Kevin Hurley Show, (8-9:30) Baker Refectory
- Class Competition (9:45-10:45)
 - Main Gym, Kennedy Sports and Recreation Center Women's Alumni Rugby Game (130 pm)

- Breakfast with the President (9am-1030 am) Ellis Ball Room
- Womens Rugby vs. Grove City College (11am) Ellis Field
- Carnival on the Quad (11-3)
- Campus Quadrangle

 Football vs. Ursinus College (12 noon)
 Knox Stadium
- Men's Alumni Rugby Game (12:38 p.m.) Ellis Field
- Women's Soccer Game vs. Catholic University (1 pm) Winton Hill Field
- Men's Soccer vs. Catholic Univ. (3:30pm) Winton Hill field
- · Class of 2012 Class Gift Dedication (430) Pavilion, near Sherwood Hall
- Buffet Dinner (530-7) Baker Refectory
- Juniata Presents Brooklyn Redfunk Orkestrata: The Hills Are Alive (730) Halbritter Center for the Performing

From Brooklyn housewife to revolutionary artist Minna Cintron's exhibit "The Uncharted Course from Realism to Abstraction"

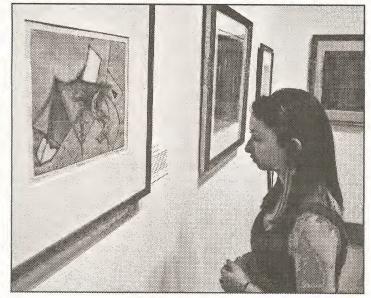
By MATT ELIAS

The work of artist Minna Citron has been featured in the Metropolitan Museum of Art, the Museum of Modern Art and the Smithsonian and will now be featured at the Juniata College Museum of Art. Minna Citron: The Uncharted Course from Realism to Abstraction illustrates how Citron pioneered the social realist movement in art throughout the mid-20th century while transcending the sexist boundaries of her era.

"I think her work is really powerful. The fact that she traveled her own path throughout the course of her career is interesting," said Jennifer Streb, assistant professor of art history and the curator of the Juniata College Museum of Art. "I respect how she followed her own path and how she did things her own way. She deserves recognition for the brilliant work she has done."

Citron's career began with the great depression as her backdrop. Bored with her constraints as a Brooklyn housewife, Citron deviated from society and divorced her husband and left her kids to set out on her own.

Initially looking to art as a hobby, Citron's passion evolved when she attended the Arts Students League in New York City,



DYLAN MILLER/JUNIATIAN

Sophomore Erica Nagle contemplates "Mauve Mirror," 1946, by Minna Cintron. "The Uncharted Course from Realism to Abstraction" is on display in the Juniata College Museum of art until Nov. 3, 2012. Minna Cintron's work was featured in the Metropolitan Museum of Art among other museums.

an art school that was prominent in the 1930s. While attending, Citron produced her first major body of work, the Femininity Series. This work focused on social realism, a realist style of art where the artist makes social commentary through the means of representational imagery.

"Given the time period, it was revolutionary for a woman to divorce her husband and the fact Citron did so to set out on her own takes true courage," said freshman Brandon Stoker.

Wit and sarcasm proved to be palpable in every brush stroke as the Femininity Series poked fun at the various classes of society. "Citron was never shy about being a feminist and displayed the Femininity Series in her first show in 1935," said Streb.

"Her realist pieces are contro-

versial considering the fact that each piece violates the social code of the time period. They all depict women in positions of power," said sophomore Catherine Scholl.

Citron continued to revolutionize social realism as she displayed her satirical pieces at galleries until the 1940s. However, Citron always worked for herself ignoring the "gallery game."

"The main thing about Minna's art is that she was always exploring and was firmly committed to continual personal evolution," said Christiane Citron, the granddaughter of Minna Citron. "She was true to her own creative impulse, and did not want to simply produce what might sell better according to the trends of the day."

"She did what interested her, not necessarily what would make her famous. This was bold, especially for a woman trying to make a name for herself in the art world given the time period," said Streb.

As Cintron's career unfolded, she continued to promote feminism in her art. Citron's last satirical series pushed the gender boundaries as she depicted women accepted for volunteer emergency service (WAVES) working in the Navy during WWII.

"Minna focused on WAVES and could relate to them because

they had jobs that were not typical. She was trying to show women in a positive light and praise women for doing something different," said Streb.

Always on the cutting edge of art, Citron changed styles while she studied at Atelier 17 in New York, an art studio run by Frenchman Stanley Hayter. At Atelier, Citron was exposed to a new world of art: abstraction.

"Ultimately, she was part of the group of artists known as the first generation of abstract artists," said Streb. "Working in the studio really opened up her style. People complained that she would lose her following, but she didn't care; she wanted to do what she wanted to do."

"Minna was very interested in psychology and the unconscious," said Christiane Citron. "When her work evolved from representational to abstract, she was absorbed in exploring how the unconscious provided inspiration."

"The fact the she was so successful in such different styles of art is really a testament to Citron's artistic ability," said Streb.

After WWII, Hayter returned to France and Citron followed to delve into the French style of color printing. Citron began to exhibit

see CITRON page 11

There's no room for 'ho-hum' in your love life Advice for keeping the spark alive in long-lasting relationships



"What do you wanna do tonight?" you ask your boo.

"I don't know. What about you?" he or she responds nonchalantly.

"I guess we could just chill and watch a movie," you say.

"Okay ..." as your partner flips on the TV or grabs their laptop.

Many couples fall victim to this scenario. When you've been in a relationship for a longer period of time, a pattern starts to occur. Friday night, you and your partner plan to order in from one of the multiple pizza spots in Huntingdon and watch either "The Notebook" or "The Hangover II." Saturday night, you plan on going to a party together, or you decide to study while your partner engages in their favorite recreational activity such as shooting zombies on Call of Duty or reading.

In later stages of relationship, couples often fall into this comfortable routine which can eventually lead to some people dying of boredom.

If the excitement in your relationship is equivalent to watching paint dry, this problem needs to be fixed immediately. Remember that spark that instantly attracted you both in the beginning of the relationship?

If you can strive to have that fire consistently, you are well on your way to maintaining both you and your partner's sanity. Here are some handy suggestions that will help keep the romance in your love lives Picnic for the day: This suggestion can only work when the weather is perfect, however I think that it is great activity to build a stronger connection! You can walk to a nearby park or even sit on the quad.

A good friend of mine shares her picnic story. "I brought a genuine picnic basket with a red and white checkered blanket and brought peanut butter and jelly sandwiches, brownies and sparkling apple cider," described junior Rachel Krantz.

"We ate our picnic food and watched the view out over the cliffs. It's little things like that that show you put thought and time in."

You can have the picnic anyway that you like, but the idea is to spend some quality one-on-one time.

Surprise them after class with their favorite sweets: This can be difficult to do depending on your schedule, but if your partner has a big exam coming up or is complaining to you about how horrible their day is going, surprise them after class.

Buy their favorite sweets and greet your partner outside of their classroom. After a long day, seeing your face and considering how they feel about you is probably going to brighten up their day.

Rent a hotel room: Sometimes, your dorm room can get stale and Juniata could feel claustrophobic. If you have a car or can get someone to drive you and your partner, go rent a hotel room. The Marriott is not that far away, or you could go to a bed and breakfast inn. The Inn at Solvang, a small B&B located on 10611 Standing Stone Road, is 14 minutes away from the College by car.

This does not have to be an every-weekend activity, but how

about for Valentine's Day or their birthday?

This is probably the one event that I would say you might have to save some money for, but remember this does not have to be immediate.

Romantic dinner for two: Even with the new smoothie bar in Baker Refectory and the improved meal exchange in Eagles Landing, the meals get boring.

Depending on who is the better cook out of the two, you or your partner can make dinner for the night in one of the kitchens on campus.

If you both don't know how to cook, maybe both of you could attempt to cook together – just don't burn anything!

I recommend going to the Unity House over a kitchen in the dorm halls, because you can light candles there and make the setting more intimate!

Also, having soft music playing in the background will be the icing on top of your romantic date.

Write a love letter: This might sound very cheesy, however I think that everyone loves receiving a package in the mail. What better way to brighten up your partner's day then by writing them a heartfelt letter that expresses your deep feelings for him/her?

Be creative. Instead of writing it on loose leaf paper, write it on a blank sheet of paper in cursive writing.

Decorate the envelope in their favorite colors or drop a silly picture of yourself in the envelope. Wouldn't you rather have a handmade letter that you can keep than a text that will get deleted later?

Plan workout session: If you

▶ see LOVE page 11

Flaming arrows and future foes Some other picks for "Hunger Games" fans



Critical Reading LYNN BACHMAN

Dystopia.

It's become a very popular genre recently. In my Young Adult Literature class, four of the eleven novels I have to read for the semester are dystopian. Then there are three about cancer, one about mad cow disease, and one "The Perks of Being a Wallflower," which makes me assume that kids these days really enjoy reading about horrible things happening to people.

So this weekend I just read Suzanne Collins's novel "The Hunger Games" for the first time. And I was a little worried that this column was going to turn into me just complaining about books I don't like, but it turns out that I enjoyed it. Quite a bit more than I was expecting, actually.

But I wasn't sure if I should just review "The Hunger Games," like I did with "Wallflower," since a plain review might be boring. Which is why my topic has become dystopias in general. Most people know what a dystopia is—the opposite of a utopia; that is, a negative potential future. Basically, a utopia is a future where everything is comfortable, happy, and conflict-free, but in a dystopia something has gone wrong somewhere along the way, and even a future that looks perfect has a corrupt core.

Based on the dystopian novels I have read, I have separated the genre into the three following categories (overlap can and will occur):

1. "Big Brother is Watch-

ing You." You are always being watched. The government has total control over your life. There is no way to resist, because they are the resistance. Oceania has always been at war with Eurasia, etc, etc. The most obvious example of this is George Orwell's "1984."

2."Conformity." The government just wants people to be happy with their lives. That means everyone should be the same, right? Difference causes conflict. Unfortunately, they seem to have gone a little bit too far, and there is no more potential for growth and change in society. I'd say "The Giver" by Lois Lowry is one of the most dramatic examples of this category.

3. "Resistance." Whatever the scenario, not all hope is lost. There are those who fight on, and those who learn to fight. Things can turn out for the better, though not necessarily for the best. The aforementioned "Hunger Games" series is a good example of this.

You may have already picked up that I don't like dreary, depressing stories from my opinion of "Wallflower," but if not let me repeat myself: I don't like dreary, depressing, pessimistic stories. That's why I tend to avoid dystopia as a whole. But I did like "The Hunger Games," and it's no coincidence it's listed in that third category. There's a sense in the book that not all hope is lost in the world; even in the most brutal part of the Games, Katniss still finds a way to retain her humanity. There is a contrast between those real, human moments in the arena and the artificial perfection of the Capitol that I really enjoyed. I'd like to read further into the series and see what happens.

▶ see DYSTOPIA page 11

Condoms, birth control pills, STIs, oh my

Advice on pregnancy prevention rates, sexual health testing, and staying safe



Jonathan, a nineteen-year-old sophomore at Juniata College, was willing to share with me the awkward situations, personal doubts, constant worries and private information related to his sexual life.

While "in the moment," Jonathan reaches out into his pocket to get his wallet. He takes out a condom. Ten seconds later, a door closes in his face.

It's okay Jon, I am sure some of the guys reading this can directly relate to that. Jonathan gets some points in my book for storing condoms in his wallet, because that seems like one of the best ways to make sure they are ready whenever he is. However, getting kicked out of that room might just be the best favor someone has ever done for him.

According to the U.S. National Library of Medicine, condoms should not be carried in a wallet for a long period of time. They claim that the friction from opening and closing the wallet and from walking with it in your pocket may lead to tiny holes in the condom that decreases its efficiency.

Now, help me with my second grade math. As reported by U.S. Food and Drug Administration (FDA), male condoms are only 82% effective against pregnancy. So, Jonathan, were you ready to take the risk and become 'Daddy Jonathan'?

But unsuccessful pregnancy prevention should not be the only worry in people's mind when referring to ineffective male condoms. Aside from abstinence, latex male condoms are the best protection against HIV/AIDS and other STIs.

Note that I made the deliberate choice of using the phrase "male condom." I did that not only because I was referring to Jonathan, but also because the efficiency of female condoms, 79% effective in preventing pregnancy, is lower than that of male condoms. According to the U.S. National Library of Medicine in their 2012 updated birth control guide, female condoms may give some protection against STIs, but more research is needed.

Jonathan had another funny story to share. While eating with one of his friends in Eagles Landing, he noticed her phone alarm going off. As Mariel turned it off, she reached into her bag and took out a circular pill container. Jonathan looked startled and asked in a worried voice if she was going through some serious medical issues. She laughed and explained that those were her birth control

She told him how the pills are 91% efficient in preventing pregnancy. She also claimed that she needed to take them every single day at the same time, hence her alarm clock; both very accurate information according to the 2012 FDA "Birth Control Guide." She complained about the pills because she only saw her boyfriend twice last year and this year the same pattern seemed to follow. Thus, in her mind, it felt worthless to be going through the hassle of taking them.

"Maybe I'll just get my tubes cut, I don't need them; I don't want kids anyway."

Although it might seem worth-

less to be taking the pills considering Mariel's situation, it's important to remember that one act of sex can lead to pregnancy. Even though she was only seeing her boyfriend twice a year, she was still seeing him. If she decided to stop taking the pills but have protected sex instead, her chance of preventing pregnancy decreases from 91% to 82%. Is the risk really worth it?

The annoyance of the pills is constantly being mentioned not only at Juniata but all around the world. The worst thing is they are not the most effective contraceptive method out there. The American Congress of Obstetricians and Gynecologists (the field of medicine that deal with the female's reproductive health) released a committee opinion letter that states that contraceptive pills (9% failure rate) have a relatively high typical use failure rate compared to intrauterine devices (IUDs) that range from 0.8 to 0.2% failure rates.

"Cutting your tubes," medically known as tubal ligation, is a surgical procedure that has a 0.5% failure rate but is a relatively irreversible contraceptive method IUDs insertion, on the other hand, is a very simple procedure when compared to tubal ligation. They are inserted in the clinic without the need of any anesthesia and the procedure lasts less than ten minutes. After their insertion, IUDs last five years and can be removed at any time during that period. The chance of getting pregnant after the removal of the IUD is the same as the chance before its insertion.

With all the above information in mind and some more, the American Congress of Obstetricians and Gynecologists state that the long-acting reversible contraception (LARC) methods (specifically the contraceptive implant and IUDs) should be first-line recommendations for all women and adolescents.

During Mariel's next visit to her OB/GYN, she should talk to them about the LARC methods, and so should you. For those who don't have an OB/GYN, the Juniata College Health and Wellness Center offers free OB/ GYN appointments, to make one just call 814-641-3410.

Jonathan's life stories do not end there. During the summer while at home he began to notice these red bumps in his genital area. At first he realized they looked weird, but he assumed they were blisters. He wasn't worried though - like any other blister in your body, he assumed it would soon go away. Terrible assumption!

A couple of days later, the red bumps began itching non-stop. After a while, Jonathan's mother noticed something had to be wrong. Who scratches themselves in public like that? Jonathan's mother forced him to get tested for STIs.

Jonathan was diagnosed with genital ulcers. He was extremely surprised.

"It's impossible! It must be a false positive," he thought as he received the results. I wasn't surprised he was diagnosed with an STI and I am sure you aren't either.

Why was Jonathan surprised? Jonathan is a virgin.

Still surprised? If yes, you might have fallen through one, if not both of the two common misconceptions of sex. First, stop and realize how "oral sex" has the word "sex" in it. Any types of sex, including oral, allows for the transmission of STIs. Second, Jonathan said that being a virgin was not the only reason he was surprised. He always

used a condom every time he had oral sex.

I'll repeat myself: condoms are not 100% effective in preventing STIs. Male condoms only cover the penis; the rest of the genitals are exposed during fooling around and sex itself. Direct contact with any contaminated genitalia not covered by the condom can cause cross contamination of STIs. Most importantly, the genital ulcer diseases (the one John was diagnosed with) and HPV infection are the most worrisome ones because they are the ones that can be found in areas not covered by male condoms.

Scared? You might have a good reason to be. Want to get tested but afraid of being recognized by a fellow classmate in the Juniata Health and Wellness Center? The Tapestry of Health located at 1231 Warm Springs Avenue, Suite 102 (right beside JC Blair Memorial Hospital) is less than a ten-minute walk from Juniata College. They offer free STI testing which includes gonorrhea, chlamydia, HIV and syphilis. All you have to do is give them a call and make an appointment. They are opened Monday through Thursday from 9 a.m. to 3:15 p.m. Their phone number is 814-643-5364.

Don't follow Jonathan's "example." Don't wait until someone else needs to tell you that you should get yourself checked. Take control of your own health.

Good luck and remember it's better to know and take good care of yourself than to live in a life of constant doubt and worry, and cause others the same suffering that someone else caused

Disclaimer: Jonathan and Mariel are not real people; both characters are fruits of this writer's imagination.

Demystifying dystopian fiction: choosing novels based on preferences

▶ from DYSTOPIA page 9

In fact, going into some actual critical reading here, I think I can find some reasons this book was so popular with today's audiences-and why dystopian novels of every era were popular with their audiences. Disregarding the actual characters and plot, which I liked well enough but didn't really resonate with, I am of course talking about social commentary.

It's far from subtle, but it doesn't really need to be. Prevalence of cosmetic surgery and bizarre fashion choices? Check. Extreme differences of social class and gigantic gap between rich and poor? Check. The reality TV-like as-

pect of the entire Hunger Games? Definitely check. The things which really caught my attention were Katniss having to act a certain way in order to get donations from the Capitol to help her survive, and Katniss and Peeta's artificial relationship. Their "romance" is so expected from the audience on a storytelling level that they actually have to act it out regardless of their real feelings towards each other. I liked that a lot, especially since I'm so sick of obligatory romances in Young Adult fiction. Love triangles especially need to stop. They're not interesting and they conflict with the rest of t

It's true that I don't read dystopia that often, but there are some good books in the genre that I'd recommend, even if I'm not personally interested in them. For example, our summer reading was Kazuo Ishiguro's "Never Let Me Go." (You did read it, right?) It deals with the ethics of human cloning and was made into a movie in 2010. Then there's "A Handmaid's Tale" by Margaret Atwood, which is set in a totalitarian Christian theocracy, with one of the major themes being the subjugation of women.

If you're like me and those books are too depressing for you, there's, uh... actually, there's no such thing as a non-depressing dystopian novel. But if you liked "The Hunger Games" and don't mind excessive violence, you might enjoy "Battle Royale" by Koushun Takami. The premise is extremely similar to "The Hunger Games" except with 75 percent less romance and 100 percent more gore. That was made into a movie in 2000 which was only recently released in the U.S. for the first time. Speaking of, "The Hunger Games" was also made into a movie this summer, and I would actually like to see it now that I've read the book. I've heard good things about it.

So to conclude my earlier remarks, dystopian novels, whatever their category or setting, provide a message: This is what could happen to society. Be careful what you wish for. Their purpose, I believe, is to make people think, and question the society they live in... hold on a second.

Sorry, what? You're telling me this series is being called the next "Twilight?" And all people are interested in is which guy Katniss ends up with in the end? And there's a... Team Peeta and Team Gale for the... love triangle that will develop in later books?

You know, I keep telling people that young adults aren't stupid and should have good, high-quality literature available for them. I really wish they could stop proving me wrong.

Kiss boredom goodbye with fresh date activities

▶ from LOVE page 9

and your partner like to go to the gym, plan a time where both of you can work out together. If you do not want to go to the gym, do a couples jog or go to Zumba. It is all about trying to find creative ways to spend time with someone and you could lose a couple of pounds along the way.

Sexy undergarments: Sometimes you need to pull out some sexy lingerie or underwear for your special person.

Wearing your average panties or boxers might be fine on an every

day basis, but if you want to set the mood for the night, wearing a sheer, black negligee or some slim boxer briefs could make your partner want you even more.

Ladies, head to Victoria's Secret or order online. Guys, form-fitting underwear works best so instead of going for Hanes, try Calvin Klein or the David Beckham collection.

Not only will you look and feel sexy, but it will accentuate the right areas and offer an enjoyable experience for you and your partner,.

Attend your partner's club or activity: Juniata students are involved in everything.

If you or your partner are ever free at night, go to a club meeting with them.

Show that you are interested in their activities instead of making excuses or claiming that you are too busy. It could be great to see your partner in a different light and see them thrive in an activity that they love!

Explore Huntingdon: We often forget that Huntingdon has things to do on our way to Sheetz or Wal-Mart.

Just walking around the town could provide a variety of stores

such as Little Deb's or Raystown Music and Aquarium that you could stop in and waste time on a lazy day. Plan a date to go into town and make it fun like this story.

"We just sat down and listed some things that we wanted to do. Go check out the Thousand Steps or go to the Cliffs one day. It doesn't have to be something huge," says senior Vinny Smith. Don't spend all of your time at Juniata and miss out on some interesting sites in Huntingdon.

These suggestions are merely a template for you and your partner, so do not take them as something that you have to do!

Everyone is different, and for our relationships we have to try to come to a compromise where people are in agreement with each

The best advice that I have received was given to me by my good friend Rachel: "The moments in my relationship that have been the happiest for me is when we were doing something stupid,"

I only hope that we all can keep the sparks flying and the paint fresh with romance.

Creative ways to diversify dining

Tips for healthy and flavorful food in Baker and beyond



Do you ever feel that your Juniata College dining experience isn't the best and that there is never anything good to eat? Are you a college student who wants to eat healthy without completely draining your bank account? Or do you walk out of the grocery store with all of the wrong foods? If you answered yes to these questions, or have similar views, then here are some tips and ideas to help make good use of your meal plan and make healthy eating affordable for almost any budget.

Expand your options. Having food déjà vu? If you find yourself going immediately to the same line every day, try something new. Check out every line and every meal before deciding what to eat, and don't settle for the first thing you see. Are you settling with the average Joe foods like pizza, cereal, and cheeseburgers? Break that streak. You might be surprised when you see the other options available daily. Check out the L.O.V.E. line, vegan options, salad bar, and deli. You can even customize your own dish, which often is much healthier than a preprepared meal. Don't be shy, don't be picky and explore the options that are available to you.

Get creative. Take advantage of the array of foods you can put together to create a good meal. The first Baker line you can get more creative with is in the Wok Your Way line; in handpicking vegetables to make your own stir fry, you're getting exactly what you want. Even check out the new selfmade smoothie line – is there anything better than making your own smoothie without having to go out and buy the ingredients? Another effortless idea or a side that I eat regularly is just a simple scoop or two of cottage cheese with a piece of fruit on the side, such as a banana. Another idea my friends and I thought of was the English Muffin pizza bite. All you need is to toast an English muffin (near the cereal), then head to "Ciao!" for a quick scoop of marinara sauce, then lastly the salad bar for a topping of cheese, and boom - a whole new meal in Baker to enjoy. Those are just quick example to prove that there actually is a way for college dining to be original and new each time.. Think outside of the box.

Now let's move onto life within the dorms. Students have limited space, limited time, and a significant number of students are limited with money. With those limitations, eating smart may be a big task. Ramen Noodles, Easy-Mac, McDonald's, and other nearly effortless quick meals are cheap, but aren't the healthiest options. It is possible to stock your room with nutritious and filling snacks, as well as quick meals when the dining halls don't sound appealing or you're rushed for time. Here are some shopping tips that will help you save money, stay healthy, and eat well.

Make a list. The best way to have a successful shopping trip is to make a list before you head to the grocery store. You'll save time and you'll be less likely to venture into forbidden and unwanted aisles. On your list, include essential items for your dorm. Focus on healthy foods, and try to limit the amount of sugary and salty snacks. If they're not on your list, you'll be less likely to buy them. If you don't buy them, you can't eat them. It's that simple.

Set a budget. You're in college, be smart. If you're really trying to watch the money you spend, a budget is the way to do it. It's as simple as telling yourself "Don't spend more than, insert said dollar amount here,". If you do this, you'll thank yourself later when you actually have cash to fund your daily Jitters coffee addiction, or maybe even enough to buy a new outfit or fill your gas tank.

Pre-pack your snacks in re-sealable bags. Invest in a pack of resealable plastic snack bags. Then grab a snack you enjoy or choose healthy options, like nuts, homemade trail mix, cereal, vegetables, fruit, etc. Then check out the nutrition label on the item where it says "serving size" -- this will indicate how much each individual bag should consist of. And there you have it, your own 100 calorie or so packs that don't cost a fortune. By doing this you'll be less likely to overeat. Not to mention they're a great grab before heading to class. It might be time consuming, but it will save money and calories!

Storage/Tupperware - I love organization and food storage containers more than the average soccer mom, because they're reusable and save space. Not only that, but they allow you to buy things you wouldn't necessarily buy because of lack of space in your tiny dorm fridge. For example, I love to have my fridge stocked with celery to snack on, but clearly there isn't enough space for an entire stalk - unless you have the proper storage! Cut it up and put it in your space-saving box or even plastic bags. You get the best of both worlds: healthy snacks and a ton of space left!

Pick vegetables, fruits, and nuts over chips or candies. As I mentioned above, if you don't buy it, you can't eat it. If you're going to spend your well-earned money, you might as well spend it on healthier

options. Be smart when you're shopping around, sometimes the healthier options cost less. For example: chose a can of raisins over a bag of chips. Fruits and vegetables also tend to be more filling and satisfy hunger quicker compared to the infinite list of junk foods. Just go for it, and learn to love fruits and veggies!

Buy a reusable water bottle. You can find these in the Juniata College book store, local grocery store, or even the dollar store. They're earth-friendly and you'll save so much money by refilling a Bisphenol A(BPA)-Free water bottle rather than purchasing plastic water bottles every week or so. They're asy to refill, and then there is no need for the extra expense for a case of pre-packaged water bottles.

Coupons. Do you think coupons are just for moms? Well, they're not. Don't be shy or embarrassed about using coupons. If it's an item that you actually use and need, by all means use it and save your money! But don't let them trick you into buying things you don't need just because they're on sale. That just defeats the purpose. Check out websites like Coupon-Suzy, SmartSource, and Coupons. They offer free printable coupons for food, personal care, and more.

Generic brands are just as functional as brand names. "Oh, sorry, I only drink Evian water." "Great Value zip-lock bags? EW!" Please, if you're a college student on a tight budget and trying to save money, don't be so picky with the brand names you choose when it comes to basic items.

There's nothing wrong with having food brands you prefer over others, but when it comes to bottled water or other easy grabs, save a few cents by opting for the cheaper brand. I promise that the three-dollar 30 pack of solo cups will function just as well as the six dollar 15 pack of another brand.

Bring basic dishware and utensils. Instead of wasting money every week or so on plastic utensils, paper bowls and plates, invest in a few metal utensils, glass or plastic plates, and bowls in your room and wash them after each use. I can't tell you how many times within the past month I've heard the phrase,

"Hey, does anyone have a spoon I can use? I ran out," from my roommates. It will be a pain to do dishes every now and again, but it will save you money in the long run and also save you from that huge disappointment of having to eat your morning cereal ... spoon-less.

I challenge you to attempt to utilize some of these tips for your next trip to Baker or Eagle's Landing and you next trip to the local grocery store. Get creative and expand your options.

A landscape scarred

How central PA has changed over time



Pennsylvania. Home to Juniata College and the childhood home of many Juniata students, this state holds different meaning to different people.

When some people picture Pennsylvania, they think of city life in Philadelphia or Pittsburgh. Some picture rolling hills and rural countryside. Cities, woodlands, and farmland all have their place in this state's landscape, so the different impressions are rightly so.

But Pennsylvania has not always looked this way. This state has undergone many transformations throughout the years. And in the process, it has survived remarkable amounts of environmental degradation as humans have shaped it into the landscape we see today.

While this is a testament to nature's ability to withstand destruction, it also serves as a lesson of cause and effect. Pennsylvania's forests may have survived the desolation brought upon them, but that desolation changed the landscape into something much different than what existed before it occurred.

The Pennsylvania of early colonial times, or even just a hundred or so years ago, was a place very different from the state we know today. The name "Pennsylvania," or "Penn's Woods," comes from the landscape discovered by early colonists who settled here in the 17th and 18th centuries. When it was first colonized, Pennsylvania was characterized by the extensive woodlands throughout the state. And while some land was cleared to build cities and for timber resources, much of the state remained forested into the early 19th century.

However, as industry and energy demands increased timber became an important resource for many reasons. The Industrial Revolution was in full swing, and at one point in time, Pennsylvania was known for having the highest-quality iron ore available. Pennsylvania iron also had an international reputation, and charcoal furnaces were needed to keep up with the demand and developmental needs.

The iron production that occurred in Pennsylvania in the early 1800s was a vital part of the iron industry at the time. However, it had serious environmental costs that scarred the landscape. One charcoal iron furnace required about one acre's worth of wood a day for fuel, and the slash left behind by timbering made perfect fuel for forest fires. As a result, fires were frequent during that time. Railroads used to transport the iron caused

many fires as cinders flew out from the sides of steam engines, igniting any fuel along the railways.

Around the mid-1800s, changes in iron furnace technology shifted iron production away from many of the furnaces in central Pennsylvania and into other regions. Much of the land owned by the iron industry was abandoned, and central Pennsylvania's forests were allowed to regenerate through the end of the century.

But in the rest of the state, timber production increased dramatically, with a major logging boom in the 1890s. While many of central Pennsylvania's regenerating forests were too young to harvest, thousands of acres of forest were clear-cut throughout the rest of the state.

Central Pennsylvania may have escaped the logging boom for a time, but only until its young forests matured enough to make logging profitable. The logging boom reached the central part of the state in the 1920s, leaving much of the landscape once again bare.

So what are the effects of this little-know history of Pennsylvania's forests? Many people may be shocked to learn that at one time, the areas of Pennsylvania now covered with trees were once desolate. It is a remarkable testament to the resilience of nature that such destruction was followed by such miraculous revitalization of Penn's Woods.

Forests have remarkable capacity to regenerate, but human interactions with them have a strong influence on their composition as they grow. The fires that burned through much of the state during the late 1800s heavily favored oak forests, since thick-barked oaks are much more resistant to fire than thin-barked maples.

And today, Penn's Woods are changing again. Throughout certain parts of the state, forests are becoming dominated less by oaks and more by maples. Maples regenerate easily with a lack of fire to suppress them, and are also favored because deer prefer to browse oaks and other tree species instead.

The lesson to take from all of this is twofold: first, it is important to find encouragement in the ability of nature to recover from substantial human impacts. It is easy to lose hope when facing all the environmental degradation we see in the world today, but it is reassuring to know that nature is able to rebound.

However, it is also important to realize that the impacts humans have on nature can change it significantly for years to come. It is hard to say whether certain changes are for better or worse, but recognizing the potential impacts people can have on nature allows, and demands, careful evaluation of those potential impacts to determine whether they are in line with what we believe the future of our environment should be.

Internationally successful art featured in the Juniata museum

▶ from CITRON page 9

internationally, gaining positive reviews from her European audience. Although her international exhibits were successful, Citron moved to the Hamptons in the 1950s and once again began to experiment with new styles of art.

While living in the Hamptons, Citron began to mix sand with her paint and composed an entire series of sand paintings. "These early sand paintings led her to start thinking about what else she could add to her art," said Streb.

Citron's experimentation then led her down a different path, to the world of collage. Her simple collage soon evolved into what she called "constructions."

"Going for a walk with her on

the streets of New York City was always an adventure, because she noticed color, texture and shape, and wanted to carry home odd bits and pieces which she used for collages and constructions," said Christiane Citron.

After a career full of experimentation, Citron eventually returned to her abstract style in the 70s. "She's done all these different things and

returns to her earlier style, but her earlier style is reformed by all the different things she did throughout her career," said Streb.

The Juniata College Museum of Art is currently exhibiting Citron's work until Nov. 3. The gallery focuses on Citron's myriad of styles and highlights the individual expression in each of her works.

"One of the points of the exhibi-

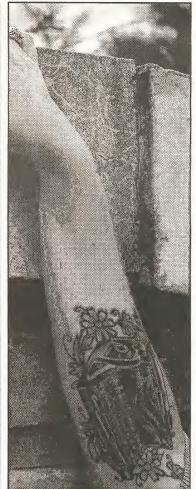
tion is to give Minna some credit," said Streb. "When you look at her pieces, she's pretty amazing. She's been lost to history and it's our hope that we can get her name out there." Freshman Chad Albert said, "If you really look at it, she was a rebel. She always did things her own way, and never allowed others to dictate how she lived her life. It's admirable."

JC Ink



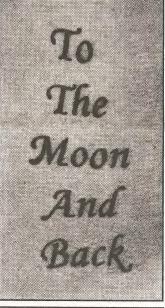






La E















Five alumni inducted into Juniata Hall of Fame

Mullen, McCullough, Hoover, Carver and Eisenberg become newest legendary Eagles

By DIMITRI Ross

The Juniata College Sports Hall of Fame is a high honor for any athlete that puts on an Eagle uniform. This year's Hall of Fame class consists of Charles "Moon" Mullen '57 (football), Jack McCullough '76 (cross country, track and field), Shad Hoover '95 (wrestling), Colleen Carver '00 (women's volleyball), and Matt Eisenberg '01 (football, baseball).

The 2012 Hall of Fame induction ceremony will be held on Saturday October 13th at 4 p.m. in Sill Boardroom. This year's crop of players is a very special group. They all are all-time greats at JC.

Charles "Moon" Mullen '57 was a two way player for the Juniata football team during the greatest four year run in program history. The team had three unde-

feated seasons as well as a one-loss season during that time.

Mullen was a captain during his senior year as well as an honorable mention All-American. He also played in Juniata's Tangerine Bowl appearance in 1956, which ended in a 6-6 tie.

"He represents everything that we are striving to be in JC football right now. We want to get back to being a dominant program like we were back in the 50's. Mullen was one of the key pieces on those teams that dominated so I have a ton of respect for him," said junior Kevin Gorman.

Jack McCullough '76 participated in track and field, but really flourished in cross country during his time as an Eagle. He set records in both the two and three mile events. He won 34 cross country races in his career.

McCullough finished sixth at the MAC Cross Country Championships as a senior. He also won the award for most valuable cross country runner three times at Juniata.

"His career was truly incredible. Cross Country is such a demanding sport so for him to remain consistent throughout his career was no easy task. He is one of the members of the program that has set the bar of excellence here," said senior Caroline Morgan.

Shad Hoover '95 is one of the best wrestlers to compete for what was once a powerhouse JC program. He holds the record for wins in a season with 26, qualifying for the NCAA championships in that same season. His overall record during his three year career was 67-11.

Colleen Carver '00 was a two

time All-American for the women's volleyball team. She is fourth all time on the career assist list with 4,466. Her efforts helped propel the team to two national championship game appearances. Carver set a school record in 1998 with 1,887 assists in a single season.

"Volleyball is such a competitive sport at Juniata so to be considered an all-time great is a huge honor. We work hard every day to achieve the success that her teams did while she was here," said sophomore Catherine Scholl.

Eisenberg '01 was a two sport athlete competing in both football and baseball. As a wide receiver for the team he set school records for receiving yards (3,500), touchdown receptions (38), and all purpose yards (5,421). He also received first team All-American honors in 1999. He was just as

dominant on the baseball field. He ranks in the top ten in hits (173), at-bats (500), runs (113) and triples (14).

"It is an extremely high honor to be inducted into the hall of fame. I can truly say I loved competing during my time at JC and it feels good to receive recognition of this magnitude. While this is an individual honor, I still think I owe a lot to my teammates. Those guys all worked hard which pushed me to constantly get better," said Eisenberg.

All of these athletes left a mark on JC athletics. They all were not only fierce competitors, but great people as well. Juniata is a very close knit community so student athletes are expected to be great off of their playing fields as well. They all embody what it means to be a Juniata College Eagle.

Jones joins athletics

Continues sports media coverage

By Abigail Rosenberger

The Juniata College Athletic Department hired Jennifer Jones in the fall to replace Peter Lefresne as the new Sports Information Director.

Lefresne left Juniata just before the start of the fall term after serving as Sports Information Director for five years.

"The hardest time of year for any athletic department is typically the fall," said Athletic Director Greg Curley, who led the search for Lefresne's replacement. "We wanted to find the most qualified person in a short window of time that had the requisite amount of creativity and passion not only for Division III athletics but for Juniata."

Curley's search ended with the hiring of Jones. "She brings a depth of experience," said Curley. "She had a great video background ... she was a three sport college athlete, [and] she was a marketing major so she understands public relations aspect of what we're trying to do."

Jones attended Hood College in Delaware where she played varsity basketball, volleyball, and soccer. After graduation in 2006 she pursued a career in marketing.

"I hated it," said Jones. "I hated being in a cubicle all day watching the clock. I talked to the athletic director at Fresno state about working in athletics ... I figured out sports information went exactly with my major and what I liked to do."

After attending grad school for sports management, Jones worked for Fresno State's Athletic department as an assistant. There she managed several of the college's Division I teams.

Up until now, Jones has been working with Division I teams. Jones said she enjoys working with Division III because of the "feeling of community, the community's involvement, how helpful everyone is in the department, every pretty much knows everybody, there aren't any strange faces walking around."

This is the first time Jones has been in charge of sports information. "Before I was an assistant or an intern. It's a different look to watch everything versus just watching your own thing."

Jones is now in charge of collecting, organizing and distributing the statistics of all 19 varsity teams.

"She handles the pressure of what happens every game really well," said senior assistant Annette Masterson.

"Primarily she is responsible for the maintenance of the website. And that's one piece of it. The social media, the web design and content," said Curley.

"The other side is she is responsible for basically compiling and keeping all the statistics for our athletic competitions and forwarding those to the NCAA and our conference offices," said Curley.

"We're the ones who stat the games," said Jones. "So while football is away ... there's an SID at that school that's going to send me the game files and then I use that to write up the recap for us and update our statistics on our end. And when we host it's our job to send it to them so they can do the same thing at their school."

Masterson and other student assistants help Jones by attending sporting events and keeping track of the statistics.

"You go to a game half an hour before [it starts] to set up," said Masterson. "You have to know absolutely everything that happens."

From there, Jones is responsible for putting the statistics into writing for the media. "We write the game notes, we write the game recaps, we write the weekly releases, [and] we write feature stories," said Jones.

While Jones' work is evident at every athletic event, few students realize the extent of her work.

"You just have to see it. If you see it, you understand it. Next time you're at the volleyball game

▶ from jennifer page 14

Former All-American takes reins Swimmers excited about the future of rising program

By CHRIS BEALL

Five All-American awards, three national championships, and one new job. The swim team has hired a new coach for the 2012-2013 season. Nathan Smith, a graduate of Kenyon College, has replaced Lauren O'Donnell as head coach after O'Donnell left for Florida State University in the off season.

Smith started swimming when he was seven years old in Knoxville, Tenn. He swam at the Northside YMCA. He swam there for one summer then joined a club team in Knoxville.

"So I swam for Pilot for the next ten years," said Smith. "Then I went to college at Kenyon College, which is a division III liberal arts school in Ohio."

Kenyon College is known for their prestigious swimming program. When Smith was going into college, Kenyon had several straight National Championships and several swimmers that had achieved All-American honors.

"When I was going into Kenyon, they had 28 straight national titles. When I was there I was an All-American five times and we won the National Championship three times. During my senior year I was named captain and we ended up losing the National Championship to Denison University by one point. It was 500 and a half points to 499 and a half points," said Smith.

After Smith's senior year, he did not take a break from swimming. Although his swimming career was over, his coaching career only begun. After graduating, Smith spent time with the Brentwood Barracudas in Nashville, Tenn. as an assistant coach working with 9-15 year old swimmers. Then he was hired as an assistant coach at DePauw University. In his one year there, the team set 14 school records and 17 swimmers earned All-American honors.

"I started coaching at DePauw University, technically as a graduate assistant. We had 17 All-American performances and broke several records. I was at DePauw for about a month this year and I got called in for an interview very sud-

denly. A few things just happen to line up right and I made the move," said Smith.

Even though Smith has been with the team for a short period of time, he has integrated himself with the swimmers right away. Their practices began on Sept. 24 and have had several since then.

"So far I think he's a really good coach. He definitely knows what he's talking about," said sophomore Shayna King. "I've been able to tell that just from the meetings I've had with him."

"I have great respect for coach as a swimmer. He swam at Kenyon, which is a well-known swim school, and my understanding is that he did well there both as a swimmer and a leader," said Junior Hillary Palmer. "Every Wednesday we do a team bonding activity, for example we went to 1,000 steps and afterwards Smith ate dinner with us."

Palmer also believes in the knowledge of her new coach and his expertise.

"He's very knowledgeable of new techniques and drills that will make us all faster. He also lays a heavy emphasis on kicking which is a great area to focus practice around," said Palmer.

The swim team finished the 2011-2012 season fifth in the Landmark Conference and Smith sees this as a goal that is fully attainable, if not better.

"Basically our strengths lie in the closeness of the team. It is a small team by swimming standards. We have 15 girls on our roster. So far they've been great. They are fully attentive and want to get better," said Smith, "I can see us being around fourth or fifth again this season, but I can also see them surprising me and finishing third in conference."

Smith believes that the team will depend on a few of the upper classmen to carry the team.

"We don't have any seniors right now. We have two juniors right now, Falon Snyder and Hillary Palmer who I want both of them to step up and lead. They are doing a good job right now with that," said Smith. "We have a few young women that can help as well. There is Christine Whiteman and Raegyn Taylor, just to name a few, that can help us out as well."

Palmer believes, not only will the team do well, but coach will bring them closer together and sharpen their skills.

"I expect individualized practices for sprinters, mid-distance, and distance swimmers. Coach seems to be aware of the needs of swimmers who do stroke, other than freestyle," said Palmer. "The team will bond well under his supervision because he's always focusing on how we interact with each other during practice and after."

King believes that the team can compete at a high level despite having a smaller number of swimmers.

"This year I think that we'll all really improve our technique and drop a lot of time. Despite our lower roster numbers, I think that he'll lead us to a record to at least match last years," said King. "I think a lot of teams will underestimate us and we'll take a lot of them by surprise."

Smith has several plans for the future as well as building the program as time goes on.

"We plan on bringing in more women to build a bigger roster. Ideally a roster is around 25 women. So we will try to recruit to build up to that during recruiting this year. Long term goals would be to win the conference title, which I think is very possible and to qualify our women for the NCAA championship meet at the end of the year. I think the demographics for Juniata and for women's swimming, I think the program can go places and become nationally ranked," said Smith.

Smith's message about the future goals seemed to have reached his team. King believes the team can grow and become well-known around the swimming world.

"Long-term, I expect him to really build up and expand the program to the point where Juniata women's swimming will be way better known," said King.

The swim team's first meet will be Oct.19 at home in the Kennedy Sports and Recreation Center against Mansfield University at 6:30 p.m.

Women's soccer off to best start in program history

Off-season conditioning along with a focus on defense leads to early success

By T.J. WATKINS

Juniata women's soccer got off to a fiery start this season with a 6-0-1 record

Winning six of the seven opening games, the Juniata Women's Soccer team began the season with their greatest start in program history. The team looks to build on this foundation and keep working towards their final goal of winning a Landmark Conference title.

A combination of many different factors came together to help the team get off to this hot start. Among these factors was the off-season work put in this summer. "This year the team came in, and we were in the best shape of our lives," said senior defender Katie Keating.

The team was far ahead of the competitors coming into the season. Keating said, "We were ahead of where we would normally be at the beginning of the season. We played through the summer and stayed in shape. Normally we would only just be getting started in the fall."

Senior forward Sydney Masters had similar thoughts. She said, "We are physically superior going into the season because of our offseason work."

When asked about off-season work, Head Coach Scott McK-enzie talked about how big of an impact the trip to Europe had on the early success of the team. He said, "They knew they had to be fit before the trip so they stayed fit for the early part of the summer. They decided how great it was to be fit and to be active during the trip so they stayed fit after the trip."

The trip gave the team a leg up on the competition. "The trip



RACHEL MURPHY/JUNIATIAN

Sophomore Lauren Liacouras and junior Paula Pryor celebrate with fellow junior Rose Lucidi after her overtime goal.

gave them a chance to work. So we hit preseason two weeks ahead of everyone else in our quality of play and our readiness to play," McKenzie said.

When asked further more about off-season work and how the trip to Europe affected the team Masters and Keating both agreed that it helped the team to come closer and more cohesive. "The trip brought the sophomores and seniors together more. We became a lot closer as friends and a team," Masters said.

Looking at this impressive start to the 2012 season one of the greatest strengths of the team that was unanimously agreed on was the team's defense. "Our strong defense is our best attribute," Masters said.

McKenzie agreed saying, "Defense is an attitude. You can manipulate X's and O's to create an attack, but defending is all about attitude, heart and soul."

McKenzie believes that all his players possess this defensive drive. "Every one of our 11 players on the field and every one of our 26 players on the roster believes in defending. That's the way we feel we can get an edge up in every game. From a team perspective we're not going let the

other team score," McKenzie said. For every strength, however,

there are obstacles that must be overcome. One of the major obstacles that the team faces is dealing with adversity. "How we bounce back from loses and how we deal with disappointment is very important to how far this team will go," McKenzie said.

Keating said, "The team has a willingness to bounce back when faced with adversity. We all want to win."

Masters' felt that the team's greatest obstacle was something different. She said, "Conference games are the biggest obstacle we

have right now. We have to put everything into these games. There isn't an option if we want to keep going. If we crack under pressure that will be our biggest weakness."

When asked about leadership on the team McKenzie immediately brought up the senior leadership of Keating and Masters. "The two seniors have really made it their mission this year to show their teammates what a precious experience it is being on the team."

He also talked about how much they have stepped up this year. "They're really ending their careers on a high note with their quality of play and their commitment to the team. They're really providing a great example to the entire team," McKenzie said.

The team knows what it has to do to keep winning. Keating said, "We have to keep healthy and keep doing the right things on and off the field."

Masters stated, "We have confidence, urge, and now we have the taste of winning. So hopefully from there we can keep winning."

McKenzie said, "The team

has to keep working hard. We have the hunger to win now we need to keep after it. We need to digest the wins and losses. Complacency is a killer. We have to bring our lunch pail to

work every day and get to it."

With all this being said the road ahead for the Women's Soccer team looks bright. With a willingness to work hard and a get after it attitude they have built a strong foundation early. Now it is time to see if the work has paid off and the team can build off its foundations to earn a Landmark Conference Title.

AND MUCH MUCH MORE!

New SID excited to be a part of DIII culture

▶ from JENNIFER page 13

you'll see people stating the game, people doing video, that's us." Jones said, "You go to a basketball game, there's press row, you'll see the people that are writing down in the book and are on the computer, that's us."

"It's hard in her position because Pete had been here for years and years," said Masterson.

"The transition has actually been pretty seamless," said Curley. "In time I think she'll have a chance to establish herself and set the course for where she sees our department going in terms of public relations."

Jones, however, feels the department is already on the right track. "I think the institution speaks for itself. I think the student athletes' character speaks for themselves and the respect that is shown to the programs here is outstanding. All I can do is try to make it a little more visible to the region."

Her current focus is to show the media and prospective students the quality of Juniata athletics.

"She wants to start accumulating periodicals so she can keep track of every time we're mentioned in the Huntingdon newspapers," said junior sports in-



JEFF BRUZEE/ JUNIATIAN

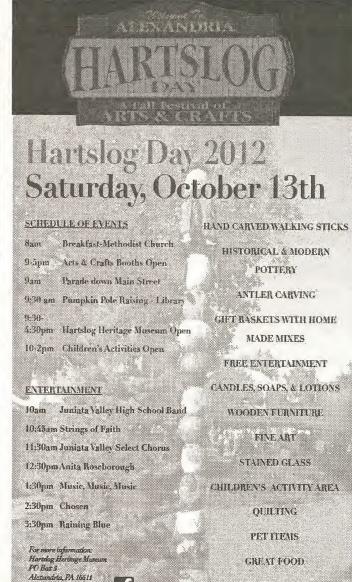
Jennifer Jones is Juniata College's new Director of Sports Information. She can be found in her office inside Kennedy Sports Center. Jones left Division I Fresno State University to join the Juniata Athletic Department.

formation assistant Nicole Marks.

"I think getting the name out there more so people can see it is a beautiful place," said Jones. "These are great coaches, these are competitive programs, you have a chance to be competitive here at a competitive institution."

Jones recommends students who love sports consider work-

ing in sports information. "I think not a lot of people know about it and maybe if they did they'd be more interested in it," she said. "No other job are you going to able to be courtside for almost every single game, or in the press box with the best seats in the house."



Field Hockey team in pursuit of Landmark Conference title

After a slow start Eagles adjust to the turf and begin to gain a head of steam as season continues

By JUSTIN CLAPPER

Although having a young team this year, Juniata College field hockey still has its sights set on winning the conference and hopes of going even further. They were picked in the preseason polls to finish second in the conference, so winning the conference is within their grasp.

"I feel pretty confident that we should make another strong run at a conference championship and have the opportunity to win another championship," said Head Coach Caroline Gillich.

"I think we have a lot of potential. We're a really young team this year. That hasn't happened for like four years," said senior goalkeeper Janelle Howard. "We're a strong young team. The girls that came in are playing very well; most of them are starting. We still have a lot to learn, but I think we can get to where we need to be."

Each year brings a new team with a new dynamic, but it can be easy to compare yourself to older teams.

"We try not to ever really compare, so I would just say that we feel this team definitely came in as a very young team. Having lost not just twelve players, but twelve brains makes you realize that sometimes you don't realize how much you new until they're gone," said Gillich.

"Last year's team started off really strong then we taper. Our record got worse and worse," said senior midfielder Caroline Phillips. "This year we've started steady, we're at five hundred right now, and we're going up. We have most of our hard games



MICHELLE MEROLA/JUNIATIAN

Junior Morgan Slovin fights for the ball in the field hockey game on Saturday, September 29th. They went on to shut-out Goucher Collge 7-0. The game included goals by sophomore Kortney Showers (3), junior Emma Dahmus (1), senior Caroline Phillips (2) and freshman Allison Groft (1). Next the Eagles travel to play Catholic on Oct. 13. under our belt."

Phillips also realizes a big difference in this year's team, "I think that it's the opposite [from last year]. We can only get better from here. We're not going to get worse."

The team had a somewhat rough start to the season, but have caught on quickly and have been playing very well recently.

"Our entire forward line last year were seniors and they're all gone. Everyone's basically starting again from freshman status. Even the juniors, they haven't had a full year of varsity playing experience under their belts. I think that's purely where it came from," said Phillips.

"In the beginning it was jitters and not knowing how to play with each other. We've been playing so much together now, and we've had some better games the past couple times," said Howard.

"I didn't have a lineup prior to the season," said Gillich. "I had no idea where people were going

For a while, the team could not win at home on the new turf. However, the finally got the first win on Goodman Field against Wilkes University in a dominating 5-1 performance. They have now won multiple games at home this year. The turf is a big adjustment for the team this year, but they are used to playing on it at most of the other schools.

"It does nothing but help us. We're able to practice technically and tactically; all those things we want to be able to do in a game. That was difficult for us to do on grass," said Gillich. "Often times we'd come inside to the gym to work on a faster surface."

Phillips had somewhat of a different view on the turf. "At first I was thinking that it hurt us because we didn't win a game on it for a long time, but I think it's going to make us better because we're used to it now," said Phillips.

Although feeling it was potentially troublesome in the beginning of the year, the players are starting to see the advantages. "It has refined our skills. It lets us really open up," said Phillips.

The team is in pretty good standing within the conference at this point. To continue to win and become a better team overall, they need to keep focus and build up the team chemistry.

"We just have to focus more I think. We have so much fun with each other, and we're so close, that we just kind of lose sight of the hockey aspect of it," said Phillips.

As for the team's hopes and goals for the remainder of the season, they are dead set on a conference title and much more.

"We definitely want to make it to landmarks and hopefully win," said Phillips. "NCAAs are always a reachable goal for us. I think at this point we just need to make the most of the season and get as far as we possibly can."

"Finishing top four in our conference is the first step for us,' said Gillich. "We just won our first conference play game, so that was the first step there as well...just focusing on each game, pulling out a win in each game, making it to the top four in the conference, and then having a chance to compete in the conference tournament for a conference championship."

Men's and women's cross country work towards improvement Woods and Alter lead Eagles into post-season stretch with high expectations

By BREANNE HILEMAN

The men's and women's cross country teams hope to use their small numbers to achieve large victories before the season is over.

Both of Juniata's cross country teams had a successful start to their season. The teams set goals for themselves and hope to reach them before the season is complete.

Nate Alter, a junior on the men's cross country team said: "I think every season our goal is to win the conference and become a top 10 team in the region. It has not happened since I have been here, but hopefully this is the year. I think that if we all click on the same day we can do it."

Ryan Trexler, a senior on the men's cross country team said, "We want to beat Susquehanna and Moravian. We think that if we keep improving each week we can beat both of them and hopefully have a good chance at winning the conference."

"Our goal is to win the conference meet and we are definitely on the right track but we have to keep working hard at it at every practice and every meet to get better," Caroline Morgan, a senior on the women's cross country team said regarding her team as whole.

"As a team we have a very good

chance of possibly winning our landmark conference championship. We are all trying to stay positive and keep our groups together while pushing them forward," said Katrina Woods, a junior on the women's cross country team.

Woods said, "We have always had a rivalry with Susquehanna. This year Scranton and Susquehanna will be the two teams that we will have to worry about. They will be the people we will try to take first from.'

Both teams have potential for the end of this season as well as following seasons.

Morgan said, "We are already starting to see improvements. Freshman year the runners are getting used to the mileage because it's a lot more miles than you run in high school. That is an adjustment period but by sophomore year you start to see their improvement. If their training goes well and there are no obstacles like injuries, then the freshmen should continue to improve."

"A lot of our freshmen have made many beneficial improvements and I'm seeing them, which is why we have such a good chance with such a small team," Woods said.

Morgan said, "We have one freshman, Jecenia Duran as well as two sophomores that have made improvements, Alyssa Cousins and Haley Schneider, and they are definitely doing pretty well."

"Our team is really young. There are a lot of new faces this year, we have five new freshman guys and that is a big difference," Alter said.

6 Our goal is to win the conference meet and we are definitely on the right track but we have to keep working hard at it at every practice and every meet to get better.

-Caroline Morgan

"We have a few sophomores and a few freshmen that are definitely going to be huge contributors even this year as well as next year. RJ Bodgan has been racing really well this year," Trexler said.

Head Coach Jon Cutright prepares both teams months before

the season begins by providing the runners with workouts throughout the summer.

"This summer he organized our summer workouts a little differently because we had a time trial every week and you had to report back to him what that time was. For me that definitely helped because it forced me to run and to run the specific time that he told me. It did not let people slack off," Morgan said.

"Our team came back in better shape than the previous year. It was obvious that everyone ran over the summer," Morgan said.

The runners have a short preseason with many practices throughout the week to prepare them for their meets.

Trexler said, "Preseason we meet about five days before we come back to school and we have a bunch of different workouts that we do. We usually have a time trial so coach can gauge where we are

Running can be very time consuming for both the men's and women's cross country teams. Trexler said, "It is definitely hard to figure out how to balance them both, especially at this point in the season."

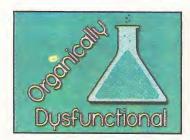
Trexler said, "We have two or three morning runs and our normal practice at five. It is tough to get to a lot of sleep, but you have to find a balance. You should have a good day of school work followed by some running and get a good night's rest."

Both teams have continued to improve throughout the season, hopefully moving them a step closer to their conference and regional goals. Trexler said, "I PRed in the 8k at Lebanon Valley College about a month ago and since then I have been running pretty well but I definitely want to keep improving each week."

"As far as the team, I think that if we keep improving on doing the little things like icing, stretching, rolling out, and getting sleep, I definitely think we will start dropping our times especially as the season goes on," Trexler

Woods hopes to see some support at their next meet. "This year we host the Landmark Conference Championship and we really want to have a large crowd because the chances of us doing it again, having a lot of home meets, is not often," said Woods.

The Juniata College men's and women's cross country teams will finish their season with the Landmark Conference Championship at Big Spring High School on October 27, 2012 followed by the NCAA Mid-East Regionals hosted by Dickenson College on November 10, 2012.



So another year at JC underway and with it another year of The Juniatian. During this year I'll be occupying the back page; for those of you who don't know me I'm Kunal Atit, a freshman, with a POE in Biology and Economics, or for the upperclassman, "one of those."

I thought for the second article of this column I'd talk about the freshman 15: not the kind that makes people back home wonder whether you went off to college or started a flourishing career as a competitive eater when you come back for summer break, but rather just 15 observations by a green freshman about the hallowed Blue and Gold.

Freshman Fifteen

1. Baker food: You know you are getting your money's worth when you don't feel like eating for the rest of the day (or ever again) after breakfast.

2. Doing homework at East... Jokes.

3. No heat in Freshman dorms: builds character.

4. Celebrating Labor Day! (Not a thing at Juniata.)

5. Open water bottles magically turn into alcohol on weekend nights.

6. PACS Major is synonymous with "hippie."

7. Don't leave your dorm in the middle of the night in your boxers without your gold card (A story for an article on another day).

8. Organic Chemistry: if you haven't sold your soul to it, you are not doing it right.

9. Lesher the virgin vault (except on Saturday night)

10. Don't call a girl on campus "the angel."

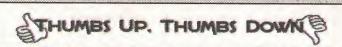
11. Huntingdon weather has more mood swings than the girl you took home last night.

12. No one finds that stupid column on the back page of the Juniatian funny.

13. Juniata students don't cross the street, we "YOLO."

14. Nagengast: Go hard or go home.

15. The freshman 15 is a myth... It's the freshman 30 (Ermagerd Ice Cream).





Thumbs down to the new Arch. Now how am I supposed to know when the gym isn't open?



Thumbs down to Jim Lehrer for allowing himself to be Kanye West-ed at the debate, now I'mma let you finish...



Thumbs up to the pavillion outside of Sherwood for providing shelter for the sexiled.

Morning After Horoscopes: Foreseen by local prophet Miya Williams

No marks: You woke up without a single mark this Sunday. Your weekend was pretty tame. Well, at least that's what you think. Someone will notice that tramp stamp that you forgot about, and point it out to you. A shock is in your future.



Drawings: This morning you saw your face was covered in drawings. Your friends decided you were a better canvas than any old piece of paper. You'll try scrubbing it off, but it'll be no use. Totally embarrassed and scrubbed to the bone, a red face is in your future.



Bruises: You came out from last night with bruises. Not just from some bump into the door either. Rumor has it you were found climbing the roof of BAC yelling, "come and get me Kep." You're in a heap of trouble, but everyone thought it was awesome! Mad props are in your future.

By Mollie Ehrgood



sexual harassment incidents on campus





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Tuition freeze speculation shattered by admin Prominent administrators address rumors and clarify the reasons for increasing costs

By HALEY SCHNEIDER

Despite rumors of an impending tuition freeze at Juniata, members of the financial department say that they have no plans to change the tuition system and were unaware that some Juniata students believe this may happen in the near future.

Robert Yelnosky, vice president for finance and operations, said that his office has never considered the possibilities of a tuition freeze.

"We've never discussed such a thing," said Yelnosky. "I'm not sure where these rumors are coming from, but the pricing model for education is certainly getting a lot of attention."

Regardless of fluctuating costs in operating the College, freezing tuition would allow students to pay a set tuition price for all four years. The main reason a tuition freeze is not considered a viable option right now is the cost of running the College.

"Student income is our number one source of revenue, like percent of our revenue," said Yelnosky.

The College depends on tuition and room and board payments to keep up with maintenance and residence halls. Tuition is also used for salaries for those who work at Juniata and new projects or renovations. Yelnosky does not see a way to keep up with these costs if students' tuitions are frozen.

"I can't think of a scenario where we could balance the budget under that, so we would have to



With tuition freeze, students only have to pay the tuition they agreed to when they were accepted to college regardless of the increase of tuition fees during their enrollment.

either cut programs or cut staff and benefits in order to make that happen," said Yelnosky. "We would have to do something to reduce our cost structure and salary increases have been pretty small in the last few years. Departmental budgets haven't increased significantly, so I'm not sure where we would find ways to reduce our spending without having a negative impact on student outcomes and the services

we provide the students."

"I think that everyone would like tuition to be frozen," said John Hille, executive vice president of enrollment. "If we could afford to do it that would be wonderful. But there are very few colleges that have been able to do that."

One argument for a tuition freeze is that the College could accept more students so they could charge each student less money.

However, Hille said that this is not a realistic option for Juniata

"There is a maximum of 200 students who can be in an OChem [Organic Chemistry] course. We're basically at that. For us to increase chemistry and biology students, we would have to build additional laboratories, which would cost more money," said Hille. "So whatever you might get by having

more students would be offset by the cost of having more laboratories and more professors to lead the sections."

Although those in charge of Juniata's budget see no reason to consider a tuition freeze at this time, there are students who think it would be a good idea.

"A tuition freeze is exactly what Juniata needs to keep the focus of every student here on learning rather than worrying about getting new loans each year," said senior Ari Pollard.

For junior Raymond Starmack, a tuition freeze would be a way to ensure that he can continue to study at Juniata.

"I think it's a good idea because that's the amount of money you're agreeing to pay when you come here, and it's based off of what you can pay," said Starmack.

Starmack said that his experience with Juniata's tuition has not been good.

"They increased my tuition because my dad was taking money out of his 401k account to pay for tuition for me and my sister," said Starmack. "They give you a one-year pass for that and on the second year he did it, I guess they saw it as income, taking it out of his account, and it bumped us up an income bracket. They knocked my financial aid for that."

Starmack has struggled meeting the new tuition requirements. He believes there are other students

▶ see TUITION page 3

An A is an A is an A, or is it really? Professors show variety in grading JC classes

By Caitlin McCann

At Juniata, professors have a large amount of leeway in terms of how they grade their students. As such, professors employ many different grading methods and utilize their freedom to experiment with grading policies.

Peter Goldstein, the John Downey Benedict professor of English, utilizes a grading system not used by the majority of professors.

Professor Goldstein allows his students a certain amount of input into their grades by letting them place a certain percentage of their grade into a category of their choosing.

"In a number of my classes only 85 percent of the grade is on fixed items," said Goldstein. "The students are allowed to allocate the remaining 15 percent to various options of their own choosing."

"That allows students to some degree to play to their strengths," Goldstein said. "The only catch is that they have to do that at the beginning of the semester."

Freshman Kırstın McKenzie is in favor of Goldstein's methods.

"I think that it is a good idea, as it would allow students to focus on what they are good at," said McKenzie.

"Students are different, and some people are better at one thing and some people are better at another thing," said Goldstein. "I wanted to allow some flexibility."

This notion seems to be popular among students, like sophomore Phoebe Farr.

"For students who are not as good at taking tests or writing papers, it allows them to place more weight on their strengths," said

Sophomore Leah Jans also supports the idea.

think it is a good idea, and can ultimately allow students to do better in class," said Jans.

Russell Shelley, the Elma Stine Heckler professor of music, has an interesting idea on how he believes the grading system should work.

"I want grades to differentiate between students," said Shelley. "If two students received A's, but Student 1 learned all the material on their own and Student 2 came in everyday for help from the professor and had a tutor, then their grades should reflect that."

Shelley believes that in an ideal situation, grades should be based on a number as well as a letter grade.

"For example, Student 1 might receive an A10 while Student 2 might receive an A3. This would reflect to future employers and graduate schools the degree to

▶ see GRADING page 5

New York Times' funds gone Osteopathic manipulative therapy added

By JM DUBENSKY

The "New York Times" readership program on campus was cut this year due to a budget deficit. The money the school saved by cutting the program has been redirected into osteopathic manipulative therapy (or OMT), which is now offered at the Juniata College Health and Wellness Center.

It was through the "New York Times" readership program that free copies of the "New York Times" were available throughout campus for students, faculty and visitors.

The ultimate reason for eliminating the readership program was a lack of money in the budget to pay for it, according to Dean of Students Kris Clarkson.

"The program began when Dan Cook-Huffman (assistant dean of students) and Jim Tuten (associate professor of history) approached

the Provost's Office with the request to begin a "New York Times" readership on campus," said Clarkson. "And the Provost paid for it. But each and every year we've had the readership program, the cost of the program went up. Eventually the Provost transferred the cost to the Dean of Students office."

According to Clarkson, the allotted budget for the readership program for this fiscal year was set at \$7860, but the actual cost for the program was \$12,700.10, which left a \$4840.10 deficit.

"Last year I submitted a budget that said the program has to be funded at this level," said Clarkson. "And unless we got the increase, we could not continue to pay for it, and we'd have to cancel it. In the end we had to cancel it."

Eliminating the "New York Times" readership program left an

▶ see NEW YORK TIMES page 7

Follow through for sexual misconduct incidents

'Dear Colleague' letter brings to light severity of allegations of harassment and assault

By LOUIE NIGH

Juniata College has been strengthening efforts to combat sexual harassment on campus. This is due to Title IX, a law passed in 1972 to ensure gender equity in education.

Though Title IX is most commonly known for promoting gender equity in athletic programs, Title IX applies to every facet of education, from student employment to how the administration deals with sexual harassment, according to Assistant Dean of Students Dan Cook-Huffman.

"In the broadest sense, Title IX is a civil rights legislation. While most people think of it typically as a way to address gender equity in athletics, in fact it's much broader than that, and includes very important concepts like everyone should be free of discrimination, or bias, or acts of aggression, or harassment based on their gender," said Cook-Huffman.

Cook-Huffman is closely involved with Title IX because of his role in enacting Juniata College's policies. According to Cook-Huffman, Juniata College has complied with Title IX since it was written.

News & Features

"We have been subject to Title IX since it began. It came about at a time where there was a lot of upheaval and a lot of focus from society on gender equity issues," said Cook-Huffman.

However, more changes have occurred recently through a message dubbed the 'Dear Colleague' letter, according to Human Resources Director Gail Ulrich.

"Last April, April of 2011, there was a letter issued by the Office of Civil Rights that's become known as the 'Dear Colleague' letter. The 'Dear Colleague' letter has strengthened parts, reinforced parts of Title IX that deal with sexual misconduct in the academic environment," said Ulrich.

The 'Dear Colleague' letter came about to address how

exactly schools are to handle sexual harassment.

"It was the result of an investigation at the University of Notre Dame, where there were women students who had filed a complaint that their allegations of being sexually harassed had not been properly investigated. And so the Office of Civil Rights in the Department of Education launched an investigation at the University of Notre Dame, and from that was the result of the Dear Colleague letter," said Cook-Huffman.

According to Cook-Huffman, neither Title IX nor the 'Dear Colleague' letter has made a significant change in Juniata College's policies. Instead, it had a strong effect on how these policies are carried out.

"I would say that we haven't had much change in policy, but we clearly have modified some of our practice. Interestingly, Juniata has been pretty progressive about these kinds of matters anyway, and many of the suggestions that the 'Dear Colleague' letter had, we were already doing. But we have tried to renew our focus, and bring more attention to issues of sexual harassment and sexual assault on campus," said Cook-Huffman. "We have increased the educational component of it, making sure that all students are exposed to the policies and guidelines around those issues. Also, there is now a much more rigorous investigation process."

Notably, all students in Juniata's College Writing Seminar, or CWS, class are required to learn about Title IX and sexual harassment.

"The Office of Civil Rights is saying that colleges and universities have a responsibility to try to change the culture as well, not just catch perpetrators, which is important and which we will do, but in absence of knowing who they are, instead of doing nothing, which often would be the case in the past, we have to step up our educational

efforts," said Cook-Huffman.

Sheridan Doan, a freshman, shared what he learned in CWS class

"In CWS class, we got a sheet about what Title IX was, and so we discussed what's considered rape, and who you can talk to if such a situation has arisen," said Doan. "We discussed what we could do if we felt insecure, and stuff like that. I didn't know much about Title IX, so everything that I learned was beneficial to me."

Changes in how the College deals with sexual misconduct means that it is now easier for people to be found guilty of sexual harassment.

"Because the standard of evidence was changed, preponderance of evidence is the standard used to determine whether an individual is guilty of sexual misconduct, so that language had to change in our policies relating to

▶ see TITLE IX page 7

Obama seeks a second term as the nation's leader Commander-in-Chief highlights plans for economy and healthcare in campaign

By ZACH LEMON

As election day approaches, President Obama is busy campaigning, seeking a second term as our nation's leader. Among the most important issues for President Obama's college student supporters are his plans for the economy and healthcare.

Alex Dean, a sophomore with a POE in politics, plans to vote for Obama. "I definitely like his honesty and his consistency that he's had in the past," said Dean of Obama's plans for the economy.

Dan Phillips, another sophomore with a POE in psychology, is a registered Democrat who also plans to vote for Obama. He thinks that Obama's plans for tax reform make sense.

"My parents were in the above \$200,000 range per household, and they're fine paying higher taxes. They can afford that. I'm pretty sure people who make millions of dollars and businesses can afford that as well," said Phillips.

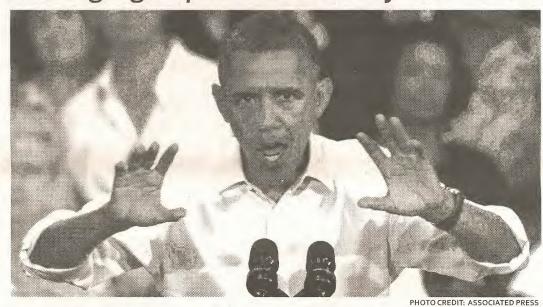
Ian Darby, a senior with a psychology POE is an Obama supporter whose main priority was the health care system. He had shadowed in the medical profession while studying in Spain, and had first-hand experience looking at the workings of another country's health care system.

"I personally am a proponent of socialized medicine. I don't think his health care plan is an end-all, but I think it's a step in the right direction," said Darby.

Many students claimed that having a generally liberal worldview was a reason they would vote for Obama. They identified with the message of the Democratic party more than with Obama's specific ideas or platforms. One such student was Katie Keating, a senior with a POE in business management.

Keating cited this as her reason for voting for Obama. "I agree with a lot of things Democrats stand for, and am not so conservative," said Keating.

While Obama has strong support from some students, there



Obama attempts to win the public's vote in the 2012 presidential elections held on Nov. 6 against former MA governor Mitt Romney. Among issues debated are the healthcare system and improvements to the economy.

seems to be a lack of energy in this election among young voters across the board.

"They are not as enthralled by Barrack Obama as they were four years ago. They are not thrilled by Mitt Romney," said Dennis Plane, associate professor of politics. Some think President Obama's performance during the first presidential debate slowed him down.

"I feel like he was just missing the energy that he had in the past debates," said Dean. "He just seemed preoccupied." Plane confirmed this perception.

"Romney clearly did better than Obama. Romney seemed more energized, he seemed more ready. He seemed presidential and Obama seemed a little distracted and a little off his game," said Plane. Plane believes that Obama was given chances to criticize Romney during the debate, but did not take those opportunities.

"Specifically he needed to look at the camera more, not look at his notes, he needed to project an air of confidence, and he needed to at-

tack Romney when he had softball pitches. When you get a softball pitch, you need to swing it out of the park. You know, when Romney says 'I want to fire Big Bird' Obama needs to say 'How dare you attack Big Bird?'" Plane said. Plane acknowledged the challenges involved with the debate format, but thought that Obama still seemed less appealing than Mitt Romney.

"It was also a very heady debate. They're talking all about the intricacies of Dodd Frank and all these other policies and bills," said Plane, "so the average American isn't paying that much attention to the actual content." But this comes as no surprise to Plane.

"The public claims they want to vote for the best candidate based on the issues, but the research shows that the issues make a lot less difference than things like personality and presentation and other things," he said. Dean also claimed that students as a specific voting bloc appeared to not be very up-to-date on political issues.

"Unfortunately, I think that most students here aren't as informed as

▶ see OBAMA page 6



I4I course provides hands-on solutions to real-world problems Local businesses rely on four credit course run by students involving technological innovation

By MATT ELIAS

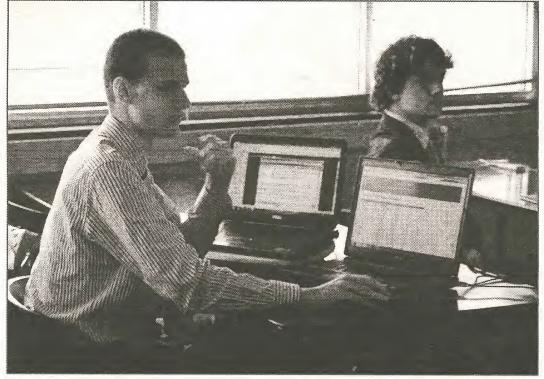
Businesses seeking solutions to their problems are turning to students in Innovations for Industry, or I4I, a four credit course offered to juniors and seniors in the IT department. Students collaborate with team members, interact with business clients and develop original solutions that involve ingenuity and technological innovation.

"The course is fully run by students and requires a lot of responsibility," said William Thomas, professor of information technology and computer science and professor of I4I. "Students embrace the responsibility and run with it as their contributions demonstrate."

Thomas points to the Tax and Trade Bureau as one project that captivated him. The Tax and Trade Bureau project required students to create a secure server test environment so they could test their systems on a separate server. It was challenging due to the remote location. Students were forced to perform all operations solely through the use of technology.

The Innovations for Industry class is a requirement for all IT students. Recently it was opened up to all students at Juniata. Of the 18 students currently enrolled in I4I, five do not have a POE in Information Technology.

Students take three semesters of I4I, starting in the second semester of junior year, with the goal of becoming a project manager their senior year. Juniors are required to take three credits of project management and one credit of I4I, while seniors take four credits of I4I in both the fall and spring semesters. "Upper level students will pick their own project and proj-



MICHELLE MEROLA/ JUNIATIAN

Juniors Chris McMahan and Chris Ingersoll present progress to the client on a website design. For Information for Industry, students are put in groups and assigned a client to design websites and other types of software for.

ect team," said Thomas. "From there, first year students will be divvied out and projects will be underway."

Each semester, project teams tackle demands from four businesses. This semester, the 18 students in I4I are responding to demands from Quinn Analytics, Mutual Benefit Group, comScore and Kooman and Associates. "The biggest thing we look for is a business that wants to mentor the students," said Thomas. "Since we don't charge for the I4I experience, we want to make sure the businesses are willing to help our students learn. We try to work with businesses in remote locations, as well. Realistically, that is how it is in the business world."

Junior Joshua Jessel, a first semester I4I student, is working on a project in Huntingdon. "Mutual benefit group really helped me to ease into the process and make sure I was comfortable with what I'm doing. We're currently working on taking vehicle registration ID cards and putting them on smart phones for clients."

Junior Christopher McMahan, a first semester I4I student, is currently working with Quinn Analytics. "The main challenge is communication," said McMahan. "Quinn is a tourist train company and we are currently working on updating their train software in an effort to save money."

The word is out about the level of expertise Juniata I4I students

possess. "Typically, businesses will come to us," said Thomas. "They have heard how successful our program is and what the I4I experience will provide them. Often times we have to turn businesses down."

In regard to grading, business clients provide feedback on student performance and have a major impact on grades. "We really listen to what the client has to say and we also look at the documents and presentations the students give before coming up deciding on a grade," said Thomas.

The demand of the I4I course is immense and working with real businesses can be daunting. "The first few weeks were intimidating, but now I've got a grip on it," said Jessel. "Professor Thomas and Professor Burkhardt facilitate the transition very nicely." Thomas estimates that around 15 to 20 hours are dedicated to the course per week.

"You're expected to be excellent all the time; that is the standard we have established here," said Thomas.

The I4I program raises the bar by preparing students for the job community. "Our graduates have actual job experience that other applicants do not have. They have already given presentations for clients and have already produced project plans," said Thomas.

"I'm excited to begin the I4I training and build my resume," said sophomore Paul Kuhn. "I'm ready to be part of an I4I program that has a tradition of excellence and success."

"I plan on pursuing a career in IT after college, so to be able to say that I've had this experience will help me when I'm applying for jobs," said Jessel. "To learn about the project management stuff is extremely useful in the applications. I definitely feel as if I have a leg up on the competition."

McMahan echoes Jessel's sentiments. "The I4I program allows you to go to potential employers and give them examples of projects you've done in the past," said McMahan. "Furthermore, the I4I program really teaches you how to overcome problems."

The benefit of I4I is that it gives students a real leg-up; preparing students for the job world, Innovations for Industry makes Juniata IT students immediate front-runners. "If you're ready to step up and take on responsibility, go for it," said Thomas. "Our students really have to be accountable and responsible for doing excellent work for a client."

Despite student approval, tuition cut deemed unrealistic by administration

▶ from TUITION page 1

with similar problems.

"I feel like it's a bigger problem with students who barely have the money to cover tuition," said Starmack. "They want your money and if they can't get it they'll kick you out, or try really hard to."

While Yelnosky personally has not heard many complaints, he can see why some students may be upset over the cost of tuition.

"It is increasing," said Yelnosky.
"I would say the demands are increasing in terms of services students expect, and then with the size of the campus we have it's just harder and harder every year to stay on top of all of the maintenance issues."

Although he acknowledges tuition prices are rising, Hille said that there have not been enough noticeable effects on the students to justify changing the tuition system.

"One of the things we've paid attention to over the years is the number of requests of people who come to the financial aid office with special requests, that is to say, 'I cannot return to the college this semester or next year because of these circumstances.' That number of requests has been relatively

constant over the last 10 years, so we are not seeing an issue there," said Hille. "We've also watched the amount of indebtedness of our students, and the amount of our student debt has gone up very little."

Although they will not be introducing a tuition freeze any time soon, the financial office pays attention to ways that it can ensure that students are able to

afford Juniata

"We are looking at what we can do to manage our cost and manage tuition because we recognize that it can be expensive. We want to provide great outcomes for our students as cost effectively as possible," said Yelnosky.

Hille said that there are a number of options for students who are worried about tuition costs, such as work-study or graduating early.

"Always look at forms of selfhelp," said Hille. "Most students do not take full advantage of work-study."

Handling a private college's budget is complicated. It is likely that there are a number of students who, like Starmack, have a hard time paying for their education. However, Hille and Yelnosky said that all of the decisions are made with the students in mind.

"What I'd like people to know is that we don't sort of willy-nilly raise prices," said Yelnosky. "There is a lot of discipline in our process to make sure that we're spending on the right things and not wasting money, because we don't have a lot of extra resources. Ultimately, the burden is on us to deliver a great outcome because we are so student dependent. So it's your money that we're trying to turn into a great educational experience for you. That's what we're committed to trying to do."



Juniata's Hillel Club hosts annual Shabbaton Dinner Event geared toward teaching students and members of the community about the Jewish religion

By NATASHA D. LANE

Juniata's Hillel Club will be hosting its annual Shabbaton Dinner on Nov. 3, 2012. The purpose of the dinner is to teach both Juniata students and those in the community about the Jewish religion.

The event will be a free all day event, starting in the morning with a ceremony and ending with Kosher Deli meal for dinner.

Hillel is a nonprofit international organization that seeks to promote Judaism on college campuses. It has been active for over 85 years and establishes Hillel chapters at colleges across the country.

Hillel students at Juniata are very involved in the planning of the Shabbaton Dinner, but they do not do it all alone. The dinner is a partnership between the Juniata Hillel and the Center for the Study of Jewish Life in Pennsylvania. The local Jewish congregation of Huntingdon and Juniata community members formed this organization.

Senior Seth Weil acts as the Co-President of the Hillel Chapter at Juniata

"It's collaboration between all these groups to showcase and have a discussion about Jewish life in Pennsylvania," said Weil.

Weil grew up outside of Washington, D.C. in an area where the Jewish community was prominent. He says that coming to Juniata, where the Jewish population is a minority, was a new experience for him. "Coming here was very different but I knew there was an active Hillel and I was just very impressed with this school," said Weil.

Despite the sparse Jewish population, Weil found a community within the Hillel chapter and believes that living in an area where he is the minority has only made him identify with his religion even more.

Weil said, "I'd have to say that my Jewish identity has been strengthened in an area where I am more of a minority. Jewish individuals are a minority in the world, but when you grow up in an area like Washington, D.C. you don't see that. It's strengthened my culture and my faith. It's also allowed me to be more involved in Hillel."

The Juniata Hillel Chapter has been active for at least six years and is a fairly new club. However, despite its youth, the club has grown and become more active since its beginning.

Weil said, "The Juniata Hillel tarted with three people and now we have a membership of 45, I think that's pretty good.'

Though the Juniata Hillel Chapter has been active for six years, the Shabbaton Dinner is a new event. This is only the second year the event has occurred, but Weil believes the event will continue on even after he has left Juniata.

"This is going to become an annual thing. Every year they're going to focus on different aspects,"

Weil explains why events like the Shabbaton Dinner are important for the community.

"One thing that is happening in Central Pennsylvania is you have a lot of these small synagogues that are dying off because a lot of younger people have moved to the cities and there isn't really anyone



Many Juniata students are unaware that there is a synagogue right in town. This is a place where Juniata's Jewish students can partner up with members of the local community and work toward a common goal of educating people about Judaism. As a part of this education, Juniata's Hillel Club plans to host its annual Shabbaton

Dinner on Nov. 3, 2012.

to uphold these communities. The synagogue here was actually, about six years ago, in threat of closing and the members, they really took it upon themselves to revitalize the community," said Weil.

Sophomore Robert Baronner understands why this can be a pressing concern.

"I think it's an issue because even if there is a small population of Jewish people, if they still want to go to a synagogue it'd be hard for them," said Baronner. "I know it's probably a money issue, but it's hard to weigh that out like the needs of a few people versus the monetary issue. It's kind of a touchy issue."

Dave Witkovsky has been the Juniata College Chaplain for 13 years. As the college chaplain he is responsible for all religious life on campus and works closely with the Hillel Club.

Witkovsky also believes that the Shabbaton Dinner is an important event.

"It's partly important because for us here it is a way for the local synagogue and our Jewish students to partner up and work together to educate people about Judaism and it's a nice way for the local people to feel the support of the college when it comes to educating people in the community," said Witkovsky. "The theme of the Shabbaton is basically Judaism in Pennsylvania so part of their goal is to educate people, students on campus and in the community about the presence of Judaism and the Jewish culture around us that is a minority and isn't growing really and so its becoming less and less visible."

Witkovsky fears the day that Judaism is absent in Central Pennsylvania.

"It could just disappear one day and no one records it or preserves information about it. The day may come when we look around and say 'Judaism Central Pennsylvania? Wow, didn't know it ever existed.' So their concern is that the memory is preserved and the preserved," identity is Witkovsky.

Lauren Seganos works under Witkovosky in the Campus Ministry Office as the Interfaith Service Coordinator. She is a recent Juniata graduate with a religious studies and communication POE. Though Seganos is a Christian she believes that all religions have the right to teach others and supports the Shabbaton Dinner.

"It's a unique way for members of the community and Juniata students to learn about what it looks like to be Jewish in Central Pennsylvania and what it has looked like in the past. So, it's considered a cultural event. It's also just really interesting. There will be students giving presentations and helping out with the meal and a couple different things that day," said Seganos.

The Campus Ministry Office assures that all religions on campus are represented. This office tries to give students of all religious backgrounds opportunities to participate in different religious ceremonies and events.

However, still many students are unaware of these opportunities.

"For a lot of students they don't even realize we have a synagogue in town and this is a way to kind of spread the message and just get students involved about the different opportunities that are in Huntingdon," said Seganos.

Freshman Elainea Hess supports the Shabbaton Dinner and believes that Juniata does a great job of representing different religions.

"My major is religious studies slash politics so I'm really into people trying to learn each other's cultures and religion and I think it's great not only that there's this Judiasm dinner going on but all over Juniata we have different types of religious affiliations," said Hess.

Besides a religious ceremony and meal, the Shabbaton Dinner will also consist of student presentations. The Co-Presidents of Hillel will both be presenting about their experiences in Hunting as Jewish students.

"One of the student led sessions will be with Seth Weil and Alyssa Bernstein. They're both co-presidents of Hillel and they'll both be sharing their personal stories. It's called, 'What's A Nice Jew Like You Doing in A Place Like This," said Seganos.

In addition to student presentations there will also be a religious leader's panel that will discuss how religion in Pennsylvania has changed.

"One of the things I'll be helping to moderate is a panel of religious leaders and clergy in Huntingdon. There will be a couple different pastors, a rabbi and a few others from town who will be talking about the changing face of religion in Pennsylvania," said Seganos.

Sophomore Kymberly Mattern plans to attend the event and believes religious education is good for the community.

"I would actually like to attend because for me at least I'm personally interested in religion and various different religions and so I think that would be a great opportunity and a great experience to learn about Judaism itself," said Mattern. I think that it's really important because it's the root of other religions that you see in the world such as Christianity and Islam. So the three of them sort of go together almost like they have their differences but they're all founded on the same root so I think that its interesting to get a full understanding of Judaism in order to understand other religions in the world,"

Members of the Hillel Club and of the local synagogue encourage everyone to attend the dinner. They assure that not only will it be educational, but tasty as well.



TSC enlightens students on submitting work orders

Students able to relay technological and facility issues on the Juniata website, process simplified

By Tommy Imbrogno

The technology and facilities work order systems allow technological and maintenance issue to be resolved in an efficient manner through the use of an online submission form.

One work order system is the technology work order system organized by the Technology Services Center, TSC.

A work order for technological services can be submitted on the online web forum at www. help.juniata.edu on the right hand side of the web page under JC Ticket. However, the person submitting the work order must be logged in with their student or staff registration.

Once a work order is submitted, the system places it in an unassigned folder. From there, one of the techs from TSC is assigned the problem based on the issue type.

Joel Pheasant, director of technology solutions center said, "We try to at least contact the person within 24 hours, which doesn't necessarily mean the issue will be resolved in that amount of time be-

cause everything depends on how busy the tech is and the type of is-

Work orders can be designated by priority. Nicholas McBride, web programmer/analyst said, "Priority is taken into account. Everything comes in as a medium priority. We have someone who is looking at all of the tickets and will bump them up to a higher priority if need be."

High priority is usually related to classroom problems. "If a professor has an issue in a classroom, we encourage them to call us immediately because that is considered highest priority," said Pheasant. "We will stop working on someone else's computer to go check on the professor's problem in the classroom. The work order is given a higher priority than when a call is received directly from a classroom because the technology generally needs to be fixed that instant."

TSC can look up classroom usage and determine what time a repair can be done. They will also notify professors who teach in a classroom that has a problem what

is going on. "The biggest thing is letting us know. If no one reports the issue no one is going to go fix it," said Pheasant.

When students have a particular problem, they usually visit TSC in person. Freshmen Brittney Marchand said, "I brought my laptop to TSC. Sometimes they didn't understand the problem I was having with my computer but then they figured it out and I was able to use my laptop in no time."

Some problems can be fixed faster than others. "We are always looking for the most updated technology available," said Mc-Bride.

The technology work order system is set up to organize the way in which work orders are submitted. "If a student had to email a tech for assistance, they would be unable to determine who to email exactly, but by submitting a work order, we can route their problem to an appropriate tech," said Pheasant.

Some people are unhappy with the amount of time repairs take at TSC. "As far as finishing repairs immediately, sometimes it is not possible with the present work-load or even just because of the amount of work required to fix the problem," said Pheasant." If someone is having issues with repairs I encourage them to stop by and see us or email me directly and I will look into it if it is not getting proper attention."

The second work order system is the facilities work order system organized by the facilities and operations and custodial services.

Students cannot submit facility work orders. Jeff Andreas, assistant director of operations and custodial services said, "Resident assistants, resident directors, faculty and staff members are the only people who can submit a work order. This saves time on our part by eliminating duplications of the same work order."

Many work orders are submitted through the facility work order system. Andreas said, "On average we have about 800-900 work orders a month and even during the summer 2,274 work orders were submitted and we closed 2,270."

The work order system has evolved to prevent multiple work

orders of the same problem. Tristan delGiudice, director of facilities services said, "Work orders designated by buildings can be observed for patterns or trends, which may prevent future work orders."

Priority plays a major role in the organization of the system. The system is broken down into five levels: emergency, high, medium, low and scheduled.

"Emergency requires an immediate response such as a water break. High will be dealt with in 24 hours; a toilet that will not flush is a good example. Medium is contact within two weeks, like a gurgle in the pond by the admissions building. Low is a one-month response, like painting a wall in a classroom. Scheduled is given a certain time or date such as putting up event banners outside of Halbritter," said Andreas.

"The work order system helps us provide a better service, track steps and see who is assigned to certain work orders. It's great! It helps the customer but really helps us maximize our efforts on a daily basis and prevent future problems," said delGiudice.

Professor receives criticism on theoretical grading techniques

▶ from grading page 1

which the student is able to be independent rather than dependent on those around them," said Shelley.

Michael Henderson, Associate Professor of French and department chair, believes that students are different, but A's should be viewed the same.

"An A is qualitative. Some students will have put more effort int getting an A than others, however that's how life is. Life isn't fair," said Henderson.

In terms of how Henderson himself grades, he is more interested in the transition of a student over the course of the year.

Shelley believes that a mere number does not necessarily reflect how well they will succeed professionally. It is important to Shelley that students be independent rather than dependent on those around them.

"I believe that students should be taught very independently, and if they need more support than they should get it. However, if they always are dependent then they may never be able to achieve the same success level as someone independent," Shelley said.

However, not everyone takes the same approach.

When asked about Professor Shelley's theory, associate professor of history Douglas Stiffler responded that he believes it could be too complicated.

"I do not see [my students] outside of class that much, and I do not frankly know to what degree [they] rely on other people", said Stiffler.

In terms of being able to determine a student's independence and intellectual ability, Professor Stiffler thinks that the recommendations that teachers write for future jobs and graduate schools provide the information needed to create a well-rounded view of a student.

"Those recommendation letters are very important as they can vividly give an impression of the student's drive and intellectual ability. You can give this impression by telling stories of things that the students did in class or developments that you saw over the student's career," said Stiffler.

McKenzie believes that one A should not be differentiated from another, as it would in Professor Shelley's scenario.

"I think an A should be viewed the same for each student. Everyone has the same resources available, it just depends how a student decides to utilize them. Someone shouldn't be penalized for going in to their professors for help more often than another student."

Freshmen Emma Bodell and Kate Titus agree with McKenzie.

"A grading policy such as that would not be fair to students who struggle academically due to other reasons, such as learning disabilities.

I do not think that students should be penalized for acknowledging that they need help. Those who are better at learning naturally shouldn't be given a reward, and in many cases the other student may be working harder," said Bodell.

Titus is in full agreement on the matter.

"Getting outside help should not be helping to determinate what your grade is," Titus said.

Professor Stiffler considers

himself a somewhat conservative person in terms of his grading, especially in lower level classes, and maintains what most students consider a normal grading policy.

"I have found that a more traditional midterm and final, and cumulative approach produce a good comprehension of material," said Stiffler.

In terms of Goldstein's approach to the self-allocation of a portion of the grade, Stiffler says that while he would not personally use the method, he believes Juniata is very tolerant of different grading methods.

"I do not think I would use that approach myself ... I think the approach that I have been using works pretty well," said Stiffler. "I can see how [Professor Goldstein's] approach would benefit those who can be shy, and I certainly wouldn't be against it, however I think personally that in the professional world, after you leave Juniata, you really do not get those kinds of breaks."

"I do not think your boss in the future would give you those kinds of breaks, so that is probably why I would not do that myself," said Stiffler.

Andrew Dudash, Head of Reference Services, agrees with Stiffler, and believes that an A should be viewed as the same regardless of the student that received it. For Dudash, what is important is that the student received the A rather than how they worked to get there.

"However they get there, they get there," said Dudash.

Shelley structures his classes in a way that he begins by assuming the students are independent. If he notices that they are struggling, he offers his help and adjusts his teaching to make it more depen-

Goldstein also has ideas about how the grading system could be different. In fact, he believes it would be better to have no grades at all.

"I do not think there should be grades at all," Goldstein said. "I would rather have full written evaluation in which you wrote a thorough evaluation of every student, several paragraphs long, which described that student's strengths and weaknesses in the class without giving a grade."

Ideally, Shelley's grading ideas would motivate students to be more independent.

"This way students may be encouraged to learn the material themselves rather than come in for help. In the long run, sweating over your work for 3 hours, but teaching it to yourself will help you more than going into a professor for 15 minutes and having them tell you the answer," said Shelley.

Shelley believes students need to take it upon themselves to learn the material if they want to retain the information for a long time.

"I think that if someone does not know how to swim you should place them in the water and let them try and teach themselves. If they need saving then save them, but if someone is always putting in a lifejacket, they will never learn how to swim."



Debates arise from Obama's campaign

▶ from Obama page 2

they could be and I feel like that's something I didn't expect when I thought about students voting on a college campus," Dean said. Emil Nagengast, professor of politics, is frustrated by the debates and what he sees as the American public's focus on presentation instead of content.

"I think that the whole debate thing is offensive to me because it is an example of how our culture is based on showmanship. It's not about the depth of understanding, the ability to actually solve problems; it's about how pretty you can talk. And if you can talk pretty, people will follow you right off a cliff," said Nagengast.

Students thought of other ideas for why the election lacks energy.

"Everyone always has an issue with the current president. It's inevitable. But I think people in general like change and prefer change, that it's for better or worse," said Keating. She claims that the election will be close for this reason, Plane understands people's dissatisfaction with the condition of the economy, and says that it has been one of Obama's main focuses.

"Unemployment rates have dropped. The number of jobs

"It's not about the depth of understanding, the ability to actually solve problems; it's about how pretty you can talk. And if you can talk pretty, people will follow you right off a cliff" - Dr. Emil Nagengast

available has increased. It has done so at a frustratingly sluggish pace. So Obama likes to point out that we've seen continuing improvement in the jobs numbers," Plane said. Another focus of President Obama's has been relating to students and young people.

"I think he's done a lot in his presidency to reach out to younger people. For example, he's done a lot to make student loans more affordable, he's done a lot to make health insurance available to young people, especially when they graduate from college," said Plane. Whether or not these efforts have been enough to excite young voters remains to be seen, but Plane is proud of the efforts within Juniata College's community to engage and inform voters.

"Here at Juniata, we've done a great job. The Democratic and Republican clubs have done a great job of getting people registered and hopefully we will be a local exception to the bigger trend," Plane said.

Roving Reporter

FACULTY EDITION

What was your best Halloween costume ever?

"Once, my friend and I dressed up like a jackass. He was the head, and I was the posterior."

Assistant Professor of Earth and Environmental Science. **Bernard Halloran**





"I was Tina Turner one year. I had long eyelash extensions with a miniskirt."

Professor of Communication, Grace Fala



"I once was the Second Bank of the United States. I wore swim noodles to represent how the Bank was growing like a hydra. Someone asked me why I was dressed up as a broccoli..."



Professor of History, **Dave Hsiung**



"One year I dressed up like a California raisin with my friend and we sang "I Heard it Through the Grapevine."

Dean of Students Office Assistant, Betty McKim

"In college, my friends called me Abe, so one Halloween I dressed up like Abe Lincoln."

Assistant Professor of Physics, Matt Beaky



PHOTOS BY BESSIE WEISMAN J JUNIATIAN

Candlelight Vigil





Students hold candles outside of the library to gather together and honor the victims of the horrible tragedy that was the Penn State University scandal. There was a small nondenominational service of prayer, a lighting of candles, and a moment of silence.

Cats and Cookies

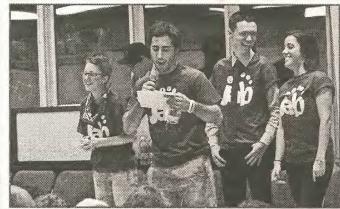






Top left: Sophomore Caitlyn Pingatore plays with a kitten at the PAWS event. Top left: Juniors Katie Hilands and Jeremy Papuga sit with cats at the PAWS event Cats & Cookies. Bottom: Freshman Halley Aguero sits on the floor with a kitten at the PAWS event Cats & Cookies.

Hypnotist







DYLAN MILLER / JUNIATIA

Top: JAB excites the audience and introduces Kevin Hurley as he waits offstage to be welcomed on. *Middle*: Hurley suggests that the participants 'drink some juice.' *Bottom*: After the participants drink the imaginary 'juice,' Kevin Hurley invites them to dance around and enjoy themselves. Some of the participants were eager to do so.

Newspaper funding reallocated

► from NEW YORK TIMES page 1

additional \$7860 in the budget.

"Health services had put in a request to add osteopathic manipulative therapy, or OMT," said Clarkson. "It's not chiropractic, and it's supposed to be especially effective in the college age group. So for a cost of \$7000, we could add a half day of OMT every other week, monitor it, evaluate it, and see if it's something we want to continue."

OMT is a type of therapy performed by a Doctor of Osteopathic Medicine (D.O.), which manipulates the patients' muscles and bones in order to relieve pain and improve function in the patient's body. Osteopathic doctors use a variety of techniques to treat a range of issues, including structural and tissue abnormalities, joint restriction and misalignment, and muscle and tissue balance.

OMT is now available at the Health and Wellness Center two mornings each month. Sessions are held by appointment only.

To many students, the opportunity cost of losing the readership program outweighs the benefits of OMT being offered.

"I used to read the 'New York Times' every morning," said junior Zach McCaulley. "I like to be caught up with current events, and it was really the only text source on campus that was always available. And as far as OMT goes, I think the news coverage is more important. If something is really wrong with you, you can go to the hospital or whatever. I'd rather see the money the school saved go somewhere else than to something like that."

Freshman Ben Fowler was not around when the "New York Times" was offered on campus, but said that he would have liked to have regular access to the paper.

"I'd rather have the paper instead of OMT," said Fowler.

"But maybe that's because I'm an athlete, so if I do need some kind of therapy, the trainers can help me. In that sense, OMT would probably be very useful to non-athlete students."

However, not everyone agrees that maintaining the readership program would be the better choice.

"I did really appreciate the 'New York Times' and the fundraisers it provided for Habitat," said junior Emma Dahmus. "But I think the changes to health services are very helpful to the students. Plus this makes the school more green."

Besides being available for leisure, the readership program was also integrated into various classes on campus.

"It was a useful resource," said senior Jill McNeish. "I had to read it a lot last year for my American Government class. But other than that, I really didn't read it."

This was also part of the reason for cutting the program, according to Clarkson; many students did not actually read the paper.

"Years ago I taught CWS," said Clarkson. "And I would ask the students about what's going on in the world, and they would bring in copies of the 'New York Times' to read before class so they had something to talk about. But after class was over, they'd leave the paper lying around on the tables. They wouldn't even bother throwing them out."

"I don't think many kids actually read it," said McCaulley. "So I guess it wasn't really a good investment, if it wasn't that widely used. They wasted a lot of copies. In the end I'm glad the school stopped spending money on it."

The "New York Times" is still available on campus in less direct ways. Both hard and electronic copies are available in the library, and students can purchase a discounted subscription at the bookstore. However, to many students

this just is not the same.

"I like to know what's going on in the world," said Fowler. "I read some newspapers online, but for example the 'New York Times' actually has a limit of viewing three articles online per month. You have to subscribe to read more than three, and that kind of makes me mad. Having the paper offered for free on campus would definitely make things more convenient."

"I didn't even know you could still get it on campus somehow," said McCaulley. "So they didn't really do a good job of advertising that. But I still don't think it's the same because it's not like I was making time to read the paper, it was just something I grabbed on the go when I had little periods of time throughout the day. It's not as convenient now."

It is uncertain if the program will possibly be restored in the future.

"I was disappointed when I first heard the paper wouldn't be offered anymore," said McCaulley. "But the more I thought about it, I was kind of happy. I found the articles and especially the op-eds in the Times to usually be one sided - liberal - and even misleading, which isn't good for a college campus in terms of politics if only one side is always presented. Yeah, I'd like to see the 'New York Times' come back on campus, but only if they also offered another paper that expressed more conservative views to balance things out and be fair."

In the end Clarkson is determined to do what he believes is best for the students.

"Some people might say that it isn't that much money, but the truth is, yeah it is, and we simply did not have enough money for the readership program. And if you ask me which is more important to student life: school newspapers or health services, of course I'm going to go with health services every time."

New gender policies dispells myth about Title IX in sports

▶ from TITLE IX page 2

judicial matters with students," said Ulrich. "Preponderance is one of the lowest levels of standards, and preponderance mainly means that it was more likely to have happened than not."

"That means now that if you can develop a broad information that would cause a reasonable person to believe that something improper likely happened, then you have to act on it," said Cook-Huffman.

Neither Title IX nor the 'Dear Colleague' letter has changed the harshness of punishment for sexual misconduct, however.

"Clearly, all along at Juniata, if you're found responsible for sexual misconduct, there has been a strong judicial response to that. In

all cases, suspension would be seriously considered. Now, with the standard being changed, it's much more likely that someone will be found responsible, and it's possible that there will be more suspensions, and so it will appear harsher, but actually it's just the same disposition," said Cook-Huffman.

Having a minimal standard of evidence can be worrying for

some, but the administration does not feel that this is a bad thing.

"There isn't clear evidence that this has led to an epidemic of false allegations," said Cook-Huffman. "Given the stigma and the emotional drain it takes for someone to come forward, there's usually something to it. It's not very common, at least we don't have any strong evidence that people

just make this up and go through this very exhausting process just to try to get someone in trouble unjustifiably."

Since the 'Dear Colleague' letter changed the standard of evidence, the College has only dealt with two cases of sexual misconduct.

"There's probably a widespread belief that there's a lot more improper behavior going on than is being reported, so I don't know if it's something to be proud of that we've got very low levels of reported cases," said Cook-Huffman. "What I'd rather focus on is that if anyone does feel that they've been assaulted or harassed, that we have created a system where every person, regardless of their situation, feels safe and comfortable in coming forward for help and assistance."

The administration's ultimate goal is to foster an environment free of discrimination.

"My goal, all of our goals, as an administration, is to make sure that students are aware of the policies, that they embrace the values of being considerate and helpful to one another, and that in the case where someone does feel violated or harassed, or intimidated in some way, that they feel safe to come forward, and that we can address their issue," said Cook-Huffman.

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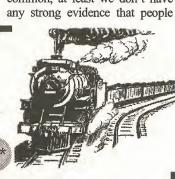
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As winter arrives, students stuff Kennedy Sports and Recreation Center

EDITORIAL

Within the realm of higher education, a rift exists between academia and athletics. The two groups battle over anything from school pride to the allocation of school funds. Juniata College's athletic achievement is consistently overshadowed by the school's academic success, and deservedly so. Our revolutionary Program of Emphasis curriculum has 96 percent of our students graduate in four years.

With that being said, our sports teams are nothing to scoff at. Juniata has experienced 120 All-Americans, 47 conference championships and eight Division III volleyball national championships. Many of these accolades were received after the completion of Kennedy Sports and Recreation Center in 1983, which is in need. of renovations.

Kennedy Sports and Recreation Center (Kennedy) holds within its walls the Juniata College athletic department. The building houses the Sam and Martha Brumbaugh Fitness Center, the Binder Natatorium, the Memorial and intramural gymnasiums and multiple locker rooms. Also, coaches from all sports, discounting football, have office space throughout the structure. While Kennedy serves as a second home to most athletes and coaches and is therefore cherished, it is an outdated, undersized excuse for a training facility.

Before you assume that this recreation center should be burned to the ground, the building indeed has its advantages. Within Kennedy Sports and Recreation Center, the Memorial Gymnasium is aesthetically pleasing and provides a great atmosphere as it plays host to our volleyball and basketball teams. Inside the gym, around the playing court, resides a mezzanine, which allows for spectators to get different views of the action throughout the competitions. The remaining structure, which is conveniently located in the middle of campus, inadequately serves athletes and the public.

The main problem with Kennedy is its insufficient amount of space. Sam and Martha Brumbaugh Fitness Center offers various workout machines to improve both strength and cardiovascular endurance. As the winter months approach and athletic teams are forced to train indoor, the limited room proves as stressful as the thought of that 10-page paper you, as a student, have come to sweat away. So, what good is this equipment when you might not get the chance to operate it?

Both members of sports teams and the Juniata community often are forced to squeeze into the packed weight room or revamp their schedules to work out at less busy times. With busy work schedules, many students might be driven to forget about their health and skip their workouts.

As another result of Kennedy's lack of space, teams in 2012 were forced to shuffle locker rooms. To give credit, this came as a result of a plan to renovate old locker rooms or construct new ones. While athletes wait for the conclusion of this project, multiple teams have been forced to share existing locker rooms.

During this fall season, both the men's soccer and cross-country teams had to use unfamiliar locations within Kennedy. The soccer team is using the undersized baseball locker room, while sharing aspects of both the football and basketball rooms, which are adjacent. The 2012 men's cross-country team is currently occupying the men's pool locker room, which is open to the public. With an unknown number of bodies inhabiting these less than ideal conditions, infections and disease have been thought to originate here.

"I'm friends with the cross country guys, and two of the runners got MRSA this season," said junior Andy Blunk. "Now this doesn't mean that their locker room was definitely the reason, but I don't think any other sports team had two severe cases of infection like that."

The intramural gymnasium, or IM gym, might be the second most-utilized area in Kennedy. During the winter, both men's and women's basketball can hold practice in the IM gym, as well as both volleyball teams. In addition to these four teams, most off-season squads attempt to train in this gym. These out-of-season teams often have to fight just to get an hour or two of free gym time, if it is actually available, and forces them to practice late at night. Here lies another problem, as intramural basketball and soccer leagues schedule hours of gym time every night during this time.

The solution is simple; Juniata needs a larger athletic facility. Yes, this might seem like a rather grand request, but this is the trend for successful collegiate athletic programs. Compare Juniata's facilities to Drew University's. Drew is a member of the same conference as Juniata, the Landmark Conference, and has advanced their athletic program through their Simon Forum.

Drew's 1,725 undergraduate students are comparable to Ju-

niata's 1,619 undergraduates. In comparison to Kennedy, Drew's Simon Forum is a recreation center that was completed in 1994. The center includes an indoor 200-meter track, an eight-lane NCAA pool, a basketball gymnasium, two exercise rooms, squash and racquetball courts, and a forum that seats 4,000 for special events. The forum can also be converted into four full-size courts for basketball, indoor tennis or volleyball.

Understanding that the nature of these advancements require funding, it might take awhile for Juniata to be on the same playing field as conference rivals and other Division III opponents. In the mean time, Kennedy Sports and Recreation Center will continue to accommodate athletes and the public as best as possible. As members of the Juniata, we are able to adapt to and make the best of less than desirable conditions. Kennedy does not have ideal circumstances, but when the student body gathers to chant and cheer on their Eagle teams in the Memorial Gymnasium, there is no better place to watch an event.

The Juniatian

Established in 1924 as a continuation of *The Echo*, 1891

Liza Jane Thorson
EDITOR-IN-CHIEF

Bryan Aungst
ASST. EDITOR-IN-CHIEF

Brea Neri Miya Williams CO-HEAD LAYOUT EDITORS

> Kayci Nelson Seth Ruggiero NEWS EDITORS

Cameron Andrew
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Tara Black Dan Chessen Erin Gaines Andrea Morillo ASST. DESIGN EDITORS

Dylan Stroman
WEB AND TECH. EDITOR

Bessie Weisman
PHOTO EDITOR

Dr. William M. Dickey
FACULTY ADVISOR

PRODUCED BY

The Writing Practicum

667 Juniata College Huntingdon, PA 16652 (814) 641-3379 juniatian@juniata.edu



CORRECTIONS

In the October 11, 2012 issue of "The Juniatian" the article "From Brooklyn housewife to revolutionary artist" Minna Citron's name was incorrectly spelled.

In the same article, Dr. Jen Streb is incorrectly referred to as an assistant professor, she is an associate professor.

In the same article the first body of work by the artist was reported as being "the Femininity series," it is actually called the Feminanities series.

In the same issue, the article "Five new clubs at JC," incorrectly spelled Andrea Morillo's name.

"The Juniatian" makes every effort to avoid errors in its articles. However, some mistakes will inevitably occur. "The Juniatian" will print a retraction for any printed, factual item proven to be incorrect. Readers who believe they have spotted an incorrect fact should e-mail juniatian@juniata.edu with "correction" in the subject line.

"The Juniatian" regrets the errors.

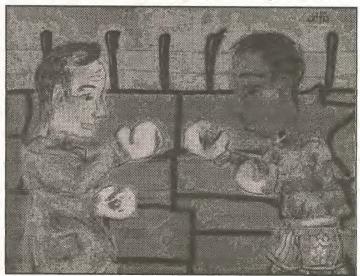
Ask the Administration

What has to be done in order to maintain the new turf field?

This first year there will be very little maintenance performed on the field. As the years go by maintenance will increase. We have two pieces of equipment that we purchased for field maintenance. The first piece is a field brush, this tool will most likely be used twice a month. This tool when dragged across the field will stand the grass fibers back up and will help level the rubber. The brush can be raised and lowered according to the depth of the fibers. The second piece of equipment we purchased is a sweeper. This tool will be used about once per month or whenever necessary. The sweeper can redistribute more rubber than the brush can and it also stands the fibers back up. The biggest advantage of the sweeper is that it picks up foreign debris and removes it from the playing surface. This machine will pick-up anything that is dry and loose such as tape, paper, leaves, pine needles, etc. It will not pick up items that are stuck to or imbedded in the turf however. It is very important that guest keep materials such and chewing gum, snuff, and cigarettes off of the field as these may be difficult or impossible. to remove. The only other typical maintenance procedure that we may have to perform would be a aerification or de-compaction operation on the field. This may have to be done in the later years of the turf, 8 - 10years in the future. This would only be done if necessary following a g-max test for compaction. If the field is ever used for events other than football or field hockey there may be other maintenance issues that will arise that we will have to deal with at that time.

–Jeff Meadows, Grounds Supervisor

Artist's Political Perspective



Cartoon by Jacqueline Barnett

A look behind the scenes at the life of a theater POE Students balance classes and late night rehearsals with several cups of caffeine

According to senior Kaetlyn Kuchta, the life of a theater POE is hectic and heavily caffeinated. Kutcha is on par to graduate with degrees in theater and Anthropology, which she claims would not be possible without her three cups of coffee a day. Kuchta and her fellow theater costars were kind enough to take time out of their packed schedule to interview with The Juniatian."

"Tuesdays and Thursdays I work at the post office from eight am to either noon or one pm and then I get a nice break until performance lab from 3 p.m. to 5 p.m. After that I get to run to Muddy for dinner before going back to the studio from 6 p.m. to around 10:30 p.m. at night for rehearsal," Kuchta said.

While the lifestyle is busy Kuchta explains that it has always been worth it to forfeit so much time to theater. "It's busy but it's really rewarding because I love theater and I love being thrust into it. Even though I don't get to sleep as much as a I want to it's so rewarding throwing yourself into."

While dedicating her time to an interview with "The Juniatian" on the campus quad, Kuchta was passed by multiple theaters POEs running back and forth from the studio to Eagle's Landing.

Among those students who stopped to chat were sopho-



JEFF BRUZEE / JUNIATIAN

Senior Kaetlyn Kuchta rehearses her role for an upcoming production. Kuchta performance as a clown addicted to gambling.

more Allie McCauley, junior Lauren Hitzhusen and senior Sara Deppenbrook.

Most of the actresses were running from a miming class held from 3 p.m. to 5 p.m. and were running back to the studio for a 6 p.m. to 10:30 p.m. rehearsal.

On top of being a theater POE, Hitzhusen doubled up with mathematics as well. "Math and theater are both the same level of time consuming. They're both mentally difficult but different sides of your brain. I'd have to say theatre is a little harder because in math we can flip back in the book but not in theatre it's no flipping back you have to memorize it,' Hitzhusen said.

Memorizing lines takes dedication. "Sometimes you walk around campus and look like a weirdo talking to yourself, other times you say them too your roommate or just lay in bed saying them until you fall asleep," Kuchta said.

Hitzhusen approaches studying for theater and performances slightly different. "I've called people who are in my scene and shouted their queue at them. It was at two in the morning and she responded by saying her next line. I

don't do that often enough though I should go back to shouting queues at people from across campus and give them surprise rehearsals. Probably every department should study that way," Hitzhusen said.

While perched outside of Kennedy on the campus quad, Kuchta yelled to a classmate across the quad, "What is the scientific name to of the common loon," to which the passerby gave a shocked look and yelled back, "Gavial immer." Hitzhusen may have found a new way to have an interactive ongoing study session with classmates.

According to McCauley the average theater POE dedicates 25 to 35 hours a week to practicing and studying for theater. "I typically spend at least an hour a day either researching or prepping for it. I'd say on average I spend 31-35 hours a week on it. It's not always easy to find time," McCauley said.

Kuchta agreed with the scarcity of time and explained that her roommate has caught her dancing and saying lines multiple times in their room to get practice in.

Junior theater POE Gary Shoemaker described Juniata's theater program as atypical.

"I think we found a niche school and we fit in well. Most programs focus on straight theater or musical theater but we are on the fringe on new theater. We use a lot of trapeze work and we're a little more abstract," Shoemaker said.

Shoemaker, a seasoned veteran

of the theater department, has played multiple roles in plays at Juniata College. His favorite role was Barfee in the performance of "Spelling Bee."

Shoemaker was also getting ready for rehearsal during the interview and described theater as a bright spot in his day. "Right now we are working on creating an interactive show. We are writing the script and developing characters for Stop Me Because I Can't Stop Myself," it's a Vegas themed show about addiction," Shoemaker said.

Kuchta and McCauley also cited theater as the highlight of their days. Before interviewing with "The Juniatian" the actresses has taken a two hour intensive miming course which they both described as the best part of the day.

Despite dedicating as much as four hours prior to the interview and at least four hours after the interview, the theater group was ready to hit the studio again.

"We all get along pretty well, it would be impossible if we didn't," Shoemaker said. "We have friends outside of the apartment but a majority of our time is spent with theater kids, just like any other team, club or department."

Kuchta agreed with Shoemaker, stating, "We all bond because we all love theater, most of our conversations go back to what were involved in at the moment in theater because were all busy with something."

Out of the frying pan, into the "Forget You" Small-campus cheating may spell social disaster for perpetrators



"I dug my key into the side of his pretty little souped up four wheel drive, carved my name into his leather seats. I took a Louisville Slugger to both headlights, slashed a hole in all four tires. Maybe next time he'll think before he cheats."

This popular song by Carrie Underwood talks about a lover that is hurt by their partner who has been caught cheating. For many people, cheating in a relationship is at the top of the "it's over" list. Cheating is one of those touchy subjects that could upset and offend people, and, along with my previous columns, I always want you to know that I am giving my own personal opinion that does not have to apply to everyone.

To myself and the majority of couples, cheating is a violation of trust, a value that is important for any relationship. Without trust, how can you or your partner have faith in the relationship? For me, a key component of a relationship is honesty. To allow someone in your life, you have to be willing to share information that brings you closer together. I feel that cheating destroys your trust, complicate matters, and may eventually lead to a break up or someone getting physically injured.

Cheating, like most terms in our society, is ambiguous in definition. What is cheating? Generally, different people all have their own

variations and nuances for determining what cheating is and is not. I looked up the term "cheating" on Merriam-Webster Online and the dictionary definition of cheating is, "to be sexually unfaithful." This is clear and gets straight to the point. If you are in a romantic relationship with someone and you decide to have sex with someone else, you are cheating. Fair, right?

Yet, that does not seem to be the case for everyone. There are many stories where people like to put their spin on cheating and what it means for them. Some see cheating as simple as boiling water: any type of sexual contact with another person, whether it is flirting in conversations through Facebook messages, texting or actually going out and having sex with someone, is cheating. This could seem irrational.

However, some people have funny stories for what is cheating in their minds. It could be as simple as, "My girlfriend/boyfriend is away for the weekend so it doesn't count that I had sex with someone else." These situations might seem strange, although according to one student, clarity is important in the relationships to avoid these messy circumstances.

"It depends on how you define the relationship. If you are saying 'oh we're just friends,' you are giving them the ability to do what they want to do," said senior Annette Masterson.

My definition of cheating might be a little bit more lenient than some other people's definitions. In my eyes, cheating is usually tied with an emotion in which that person is looking to fulfill a particular need that he or she is not getting from their partner.

I do not think that getting physically involved with someone else is cheating (although I am not fine with that happening either!). I feel that relationships are very intimate, and when you are in a relationship, you not only hug, cuddle, and kiss each other but reveal private thoughts, hopes, and dreams. You disclose information that you would not want your partner to share with anyone else.

For me, the emotional connection in the relationship is very important and, once it is gone, would be difficult to regain again. I think that it would be harder for me to accept if my partner would say, "I am in love with someone else." I think that would upset me more and I do not think our relationship can recover from that.

Sophomore Leah Ja with me as well. "Cheating isn't just physical. It's emotional too. If you are emotionally involved with someone else, that qualifies as cheating," she said.

While figuring out what to write on the topic of cheating, I found online tips or signs that your partner might be cheating on you. Some of them state that if your spouse is being too distant, they are cheating. Making excuses for canceling plans, smelling of a different fragrance, and coming home late were all listed as other signs of cheating. I have never understood why people feel the need to go through these ways to hide cheating.

If you are planning to cheat at

▶ see CHEATING page 11

From Holmes to Hercule Poirot Detective novels delight and mystify readers



Critical Reading LYNN BACHMAN

During Homecoming weekend, Beeghly Library had a used book sale. Of course I jumped at the chance to add to my collection, and since my father was there for pay for everything, my only limit became how many books I could safely carry back to my room.

I finally ended up buying eight books, seven of which were detective novels.

I use the term "detective novel" here instead of "mystery novel," since the mystery genre can encompass a lot of other genres, and the type of book I want to talk about is specifically the dete novel. It's fun, formulaic, easy to read and the first thing I go to when I'm taking a trip and need to pass the time for a couple hours. Believe it or not, I don't read things critically all the time, and the detective novel is the perfect chance for me to just relax and enjoy the story.

The basic formula for a detective novel is that there's this guy (or lady, but I'm talking about the classics here and they usually used guys) who has these amazing powers of perception, gets the job of private detective and ends up investigating a murder-and it's always murder-at the request of a client or the police. His work either rivals with the police or works with them, but never for them, and it's always

his keen powers of observation which leads him to make logical conclusions about how the person was killed and who the murderer is. He brings all the suspects into a room together and dramatically reveals the murderer and the method. The criminal is caught; case closed.

I decided to do some rudimentary research into the history of the detective novel before writing this article. (It turned out that I already knew most of what Wikipedia had to say. I'm not sure how I should feel about that). By popular consensus, the first modern detective story was "The Murders in the Rue Morgue," published in 1841 by Edgar Allen Poe. Yes, the same guy who wrote "The Pit and the Pendulum." It featured the detective C. Auguste Dupin, who was pretty much the predecessor of Sherlock Holmes a Watson-like narrator, a rivalry with the police, and seemed to read people's minds from the power of his observational skills. Dupin was featured in three short stories, all of which are worth a read.

After Dupin, of course, came Sherlock Holmes himself. He's probably the most famous detective of all time, and adaptations of his stories are still being made for film and TV to this day. Despite the fact that the stories were written in the late 19th century. the writing is still clear and easy to follow, the plots are intriguing, and there's always an enjoyable element of suspense to the stories. My favorite Holmes novel is "The Hound of the Baskervilles," but in

▶ see DETECTIVE page 11

Don't let that beer belly lead to a beer bra

Obesity and hormonal changes linked to an increase in breast tissue for men



you remember ing through puberty, or were those the times you hope to forever erase from your memory? Whether you're a guy or girl reading this article, revisit your puberty memories and picture the following scenario.

The alarm just went off and it is time to get out of bed and dress up to go to middle school. While changing from your confortable pajamas into school clothes, you check out your chest in the mirror.

"This is so weird; they are still there. Thankfully they are not that big, and hopefully that means no one has noticed them yet. Is it time to start worrying? Should I tell Mom? Why is this happening to me?"

'My 55 year old dad has them too, but that's because he gained a lot of weight in the past couple of years, right? Did he have them when he was my age?"

You have probably guessed by now that the person in the scenario is a young male; after all, a girl would be less likely to question the normalcy of breast development in puberty. Studies such as the one in the British Medical Journal, "Gynecomastia and breast cancer in men" have shown that up to 60 percent of boys going through puberty develop prominent breast tissue also known as gynecomastia. Puberty, better known to me as "hormones gone wild," is that period in time when one's body develops the necessary characteristics to become sexually fertile.

It's that simple concept that the girl's body produces the estrogen hormone estradiol (hormone being a chemical that is released by one cell to affect another cell in other parts of the body) while the guy's body produces the androgen hormone testosterone, right?

Not entirely, but you are in the right track.

Yes, the main puberty hormone for girls is estradiol and testosterone is the main one for the guys. However, an important component of the overall picture is removed from that overgeneralization all of us heard in middle school. We tend to forget or we were never actually informed that the male body also produces estradiol just like the female body also produces testosterone. Why is this important to know? There is not a single hormone that affects respective our male or female characteristics, but rather a handful of hormones and their interactions allow our full sexual characteristics to develop. As reported in the U.S. National Library of Medicine, gynecomastia develops when there is a change in the levels of estrogenic (stimulatory) and androgenic (inhibitory) hormones, or in how the body uses or responds to them.

In the scenario of that boy who was worried about his increase in breast mass, he should not be that worried. Just like a couple in bed need some practice before reaching their highest degree of happiness, hormones need time working. together in order to reach the perfect balance. Thus, the hormone imbalance that caused that noticeable appearance of breasts in that boy should decrease and vanish in a matter of months - the time it takes for the hormones to get used to each other.

However, the situation for the boy's father is very different. His breast mass is medically known as pseudogynecomastia. Just as the word suggests, with the prefix "pseudo" meaning "lying, false," pseudogynecomastia is when

fat deposits in the upper chest cause an appearance of breasts in men. Knowing the difference between these two is extremely important. Why? The treatments for them vary significantly and gynecomastia could pinpoint underlying causes hormonal dysfunction.

Although there is contradicting evidence in the science literature that refer to the possible connection between gynecomastia and male breast cancer, guys should always be in the lookout for abnormal breast growth. Even if we graduate from college and have our own jobs before there is an increase of research that report no direct correlation between gynecomastia and male breast cancer, if you develop an abnormal chest mass, you should pay your doctor a visit. If no underlying cause of this mass increase is known, a serious hormonal problem may be in effect that may lead to serious medical complications.

If you are not that one sixteenvear-old freshman still going through puberty and you notice an increase in your chest mass, you should go to the Health and Wellness Center and get yourself checked. The Mayo Clinic, ranked as the fourth best hospital in the country for cancer specialty by the "U.S. News and World Report", claims that the signs and symptoms for male breast cancer are a painless lump or thickening in the breast tissue, changes to the skin covering of the breast such as dimpling, puckering, redness or scaling, changes to the nipple, such as an inverted nipple (facing inward), and nipple discharge. If you have any of these symptoms, please look for medical care immediately.

'Well, thanks to new waffle line in Baker, I am overweight so I shouldn't worry about gynecomastia. I must also have pseudogyneboy going through puberty."

Incorrect assumption. As explained on the American Cancer Society's webpage, obesity can cause higher levels of estrogen in men. A high level of estrogen is one of the main causes for gynecomastia.

You know what I love the most about that worried boy in the beginning of this article? He was worried about his self-image. He was worried about his body. He was worried about his health. As men get older, they tend to decrease their worries about their self-image and health. Want some great examples of this? Listen to your fellow Juniata classmates: "my beer belly, believe me, girls think it's sexy." This is the main reason why men typically have a more advanced breast cancer diagnosis. As most of you already know, the quicker a cancer - or any sickness for that matter - is diagnosed, the higher the chance of survival.

Okay, you got me. So I should look at my chest once a month and make sure I don't have an increase in chest mass and if I do, I should see my doctor. Okay, fine."

That's not enough though. Just like you can significantly decrease your chances of getting lung cancer by not smoking, there are things you can do to decrease your chances of getting gynecomastia. These should be kept in the back of your mind not only as a matter of health but of body image, and psychosocial comfort - because if you ask me, breasts look better on women.

Knowing that gynecomastia is due to the imbalance between estrogenic and androgenic hormones, it is not hard to see that any outside source composed of high levels of estrogenic hormones can possibly cause gynecomastia. As reported by the National Institute of Health (NIH) in a 2007 press

comastia just like the father of that release, lavender-scented soap and skin lotions, or shampoos or styling products that contain tea tree oil and lavender oil as ingredients are phytoestrogens - a group of plant produced chemicals that mimic the effects of estrogen in the body. The chemical phytoestrogen can also be found in many food products, but its concentration is higher in beer and soy products.

"Okay, I'll try to stay away from those too. Happy?"

Not yet. One more thing. Men and women alike read below and follow every step appropriately - if I were you, I would now look for a more private place to do this:

Place your right hand on your face. Now move it down until you reach your neck. Keep on going until you reach right in the middle of your chest. Move your hand to your right so that your hand is located between the middle of your chest and your shoulder. Gently compress with your three middle fingers that area going in a circular motion. You can also move your fingers up and down vertically, as if you were mowing a lawn. Make sure to cover the whole area. You are looking for unusual lumps or masses under the skin. Doctors claim that it is better to do this lying down since it flattens the breast and makes it easier to check. You should also look in the mirror topless and check to see if there is any puckering, dimpling, or scaliness in the breast skin or any discharge from the nipples.

There you go, guys; you just completed your monthly breast exam. If you felt any lumps or bumps, noticed any change in the breast skin, or any discharge make sure to go check that with your doctor.

And remember, the earlier the detection, the higher the chances of survival, and the higher the chances you will be around to enjoy my

Reality in nature less "hakuna matata" than it seems

Why the actual circle of life is harsher and more complex than silver screen portrayals



The camera pans across an animated version of the plains of Africa. Zebras, elephants and every other creature imagincliffs. Mufasa walks out onto the ledge, holding the future ruler of the plains and main character of the movie: Simba!

This epic scene from Disney's "The Lion King" is one of many moments in childhood movies that bring back fond memories to college students everywhere. All the animals of Africa line up to pay their tribute to the great lion king, who rules over them wisely and fairly. And after Mufasa's tragic death, it is Simba who eventually goes on to rule the animals and carry on the great "circle of life," a main theme of this Disney classic.

But wait ... the circle of life? Is that what "The Lion King" is really about? Sure, the directors make the idea sound good. But then they show you a film about a lion who is best friends with a warthog and

a meerkat, who fights against his evil uncle, who is in cahoots with a bunch of hyenas, so that all of the animals can be friends again.

Don't get me wrong, I love The Lion King. It's an animated classic, and at twenty years of age I still watch it from time to time. But the last time I checked, nature doesn't actually work that way. And there are numerous other animated movies by Disney and othplace where the creatures all make friends with each other and get along. "Bambi," "The Fox and the Hound" and "Finding Nemo" are just three of many other examples of movies about "nature" that paint a picture that doesn't line up with the way things really are in the woods, on the plains or deep below the waves.

Growing up, I watched all of these movies. However, it was always made clear to me that they were NOT to be viewed as outdoor education. I gained that education in quite a different way. As crazy as it sounds, I learned about nature by GOING OUTSIDE!

Growing up in a family of hunters, my view of nature was quite different from the one portrayed by Disney, where everyone gets along and the birds provide the beautiful music in the background. My time in nature quickly taught me the harsh realities of the "circle of life" the way it happens in the real world.

In Disney's "circle of life," lions can be best pals with warthogs and have romantic relationships. Deer and rabbits can share fond memories together, and foxes and hounds can become lifelong friends against all odds. In the circle of life I saw growing up out in nature, things didn't work quite this way.

Deer don't make friends with rabbits - they mostly ignore them. I've never seen lions in person, but from what I understand, they will rarely pass up the chance to eat a warthog if encounter one and can manage to kill it. And foxes either run from hounds, or put up one helluva fight. The hounds tend not to be friendly toward the foxes either.

Nature's not a Disney movie. Things die. Predators eat prey. The weak are killed, and the strong survive to pass their genes on to the next generation. At first, it might seem like a bit of a downer.

But when you stop to consider the intricate interactions of nature, what you will discover is something much less "Disney-fied," but in my opinion, much more

fascinating. All life is tied together in a way that almost defies logic. Animals eat plants all their lives, only to die, decompose and become nutrients in the soil that sustain new plant life. Predators who survive by killing and eating prey are someday destined to die and be consumed themselves. Whether it is killed by a predator, eaten by scavengers, or decomposed to become part of the soil, each animal that dies becomes part of the cycle as it contributes its energy to sustain the life of other organisms. And all of this is necessary for life as we know it to exist on Earth.

As a hunter, I have been raised to understand the connections and dependencies that exist in nature. I have learned that my food has to come from the death of some other organism, whether it is a plant or an animal. And when I take the life of an animal, I have learned to have nothing but the greatest respect and thankfulness for the life that it then sustains in me.

Nature definitely isn't a Disney movie - it's much, much better. And it worries me that some people never experience the true circle of life firsthand. I believe there's something to be gained from spending time outside that is worth more than any lesson to be learned

from a Disney movie. I believe people would have a greater appreciation of the food that sustains them and the people who plant, raise, or harvest it if they took the time to plant, raise, or harvest food for themselves. And I believe that every person who eats meat should have to kill it first at least once in his or her life, and that everyone who eats produce should learn more about how it is grown and the effort that goes into it. Even better everyone should take the time to plant a garden, or even just a plant or two, and raise them to see the work required to do so.

We live in a world where people are too removed from nature and the basic understanding of life. Food comes from the supermarket, and all the animals are supposed to get along. I think it's sad that people can go to the grocery store and buy their food without having any idea of the hard work and sacrifice of the people who grow or raise their food, and in the case of meat, the sacrifice of the animals themselves, and I think that this needs to change.

This world is an intricate and incredible place, and I believe the more we experience of it, the better each of our experiences during our time here on Earth will be.

Health apps give fitness advice in pocket-sized form Free smartphone widgets help students log workouts and count calories on the go



With new technology readily available to anyone with a smartphone and internet access, being active and tracking your diet can be easily done and fits perfectly into the hectic schedule of the average college student. If you're the owner of a smartphone (iPhone, Android, iPad, etc), then you have the opportunity to take control and get creative with your diet, fitness and health with the free apps that App stores have available. These health-related apps are almost like having a mini personal trainer and nutritionist in the palm of your hand!

If you have the motivation, these apps along with many others will lend a hand to your work-out routine and eating well. With the assistance of these ingenious apps, you'll be well on your way to an improved version of yourself. The following list is a few of the top free health-related apps on the market and of course, my personal favorites that have kept my life a little more organized and creative while at Juniata College and at home.

MyFitnessPal. As college students, we are constantly on the go, and a majority of us are consuming an overwhelming amount of fats, sugars and carbohydrates. And without a doubt, we tend to be inseparable from our electronics - this first app can turn this into a positive and have the best of both worlds. MyFitnessPal is an app available to both android and iPhone users and acts as a personal calorie counter and diet tracker. In other words, almost like a mini Nutritionist free of charge!

When you begin, MyFitnessPal will ask you to input your height, weight, gender, and a goal weight, whether it's to maintain, gain, or lose. Each day you record each meal, snacks, and every physical activity you perform, which can include cardio, walking to class, yoga, and any other physical activity. The app will then suggest the nutrients that you should increase or decrease in your diet to match your personal information. This is a very helpful tool, as it gives you a visual glance at what your body needs to function properly, and the number of calories you should be consuming with no guesswork. When comparing this free app to other expensive products, My-FitnessPal beats the rest in my opinion, and not only because of the price; it allows users to input their own recipes as well as specific brands of foods and drinks, and then stores them to share with other MFP users for easy logging. It is so simple to log accurately for even the most random meals and brands, since the gallery contains specific foods from Sheetz items, peanut butter and banana sandwiches, Sodexo foods, Ramen, and much more.

A healthy lifestyle isn't only about how much you work out, but also the food and drinks you consume. I highly recommend this app for anyone who eats food – so basically I recommend it to everyone, ever. Take a closer look at your diet and get active with your health.

Caffeine Zone. Coffee, soft drinks and energy drinks: the nectars sent from the Gods. Giving you the fuel you need for morning classes and keeping you awake to study for that mid-term exam. Where those drinks are, caffeine exists. People looking for an extra boost of energy know that caffeine is what will help you accomplish that. Caffeine is a wonderful thing for many people especially college students, as it helps keep them awake.

But although the results that caffeine offers feel amazing when that extra boost is needed, the result of too much may do more harm than good. Caffeine Zone, an app created by Penn State University scientists Dr. Frank Ritter and Dr. Kuo-Chuan Yeh, lets you input your consumption of caffeine beverages and then calculates the proper time to drink caffeinated drinks based on a your average intake. Not only will it notify you of that, but also informs the user when to stop so an excess amount is not consumed, which then results in difficulty sleeping. This handy app can help students function with the aid of caffeine when you need it, while also ensuring that you get enough sleep (an essential of good health).

MapMyRun. This next app is one that I'm sure any runner would approve of. MapMyRun can be downloaded through iPhone, Androids, and also found online. If you take regular jogs around campus or through Huntingdon, wouldn't you like to know how far you're actually traveling or the calories that you're burning? Map-MyRun is a digital application that tracks the route, distance, time, calories burned, and more throughout your course on foot using real-time GPS. Map out a personal course to run or check out a map that another user has already made for a specific location. You also have the ability to access training challenges or just keep track of personal times to improve your performance. Map-MyRun lets you plan, create, and then effortlessly save and upload your workout data online. This app is relatively simple, has many useful features, and not to mention – it's free.

Jefit. Now this is a great app is for people that are serious about getting fit and toned. If you're one of the regulars who are in Kennedy Fitness Center four plus times per week, you may often think to yourself after your 30 minutes of cardio on the elliptical, "now what?" This app provides guidance, organization and structure and could be for you. Jefit helps to select target areas that you want to work out and gives you particular exercises, along with an image of the correct form and posture and suggested reps or sets under an interval timer. Jefit allows users to customize a list of exercises that you can take to the gym. With over 500+ exercises for areas all over the body, you won't be bored with these apps. Learn new techniques and continue to transform yourself. It's like your own free personal trainer!

If you are an owner of a smart phone looking for motivation and information on how to lead a healthy lifestyle, don't hesitate to download these free apps along with many others. I challenge you to download at least one, if not more, of these health and fitness apps and incorporate them in your daily life. You have nothing to lose. Will you accept the challenge?

Mysteries invite audience members to sleuth the story themselves

▶ from DETECTIVE page 9

all Arthur Conan Doyle wrote four novels and 56 short stories, all of which are available in most bookstores (and Beeghly Library).

The only "Holmes" adaption I've ever seen in full is the 2009 movie "Sherlock Holmes" starring Robert Downey, Jr. I enjoyed it, which some Holmes fans might find surprising. Yes, it's very overthe-top in a Hollywood style, but the movie is still the closest to the source material I've seen. People forget that while Holmes was most famous for his sharp mind, he was also a professional-level boxer, and Watson was a war veteran and quite skilled at combat. There were lots of fighting and action scenes in the books as well. The 2009 movie is good, entertaining fun and, if you liked it, you should go look for the original books as well.

The 1920s and 1930s are referred to as the "Golden Age of Detective Fiction," and is where most classic mystery authors debuted. Among them was "Queen of Crime" Agatha Christie, the best-selling novelist of all time. Christie invented most of the narrative tricks of modern detective fiction, including "the narrator turned out to be the murderer all along," "the detective on the case was actually the murderer," "all of the suspects were guilty," and many others. I won't tell you which stories had which twists, since you should really go look up her books and find out for yourself. She wrote 66 novels and 15 short story collections, so you won't run out of reading material for quite a while. One of my other favorite mystery writers from that era was Dorothy L. Sayers, who wrote the "Lord Peter Wimsey"

mysteries. Rather than being arrogant and flashy, like Holmes or Christie's Hercule Poirot, Wimsey passed himself off as an eccentric, rich busybody whom no one would suspect of being a famous detective.

I'm really just skimming the list of my favorite detectives here, because there are really too many for me to list. If you're interested in getting into classic detective stories, I would recommend doing what I did and getting a compilation of short mystery stories, then researching authors that you like. Another great thing about mysteries is that you can put as much effort into reading them as you want and still enjoy the story regardless.

I can go through Christie novels like potato chips on a lazy Saturday, though of course the downside to reading casually like I do is not figuring out who the murderer really is until it's revealed in the story.

Unfortunately, I don't have much to say about modern detective novels. Most of my favorite modern mysteries are in TV or video game form, like "Case Closed," the "Phoenix Wright" series, or "L.A. Noire." I have read some recent detective novels that I found lying around, and I've noticed some interesting similarities between them. For one, all of the main protagonists were women. That's awesome! It's a shame that there were so many good female mystery writers but so few famous female detectives. What's less awesome is how they're used. Let me give you a brief summary of every one of them I've read so far:

"Middle-aged, divorced woman trying to take a break from men,

kids, etc. finds herself mixed up in a murder case and decides to take matters into her own hands." Words like 'independent' and 'free-spirited' are used often. There is a detective assigned to the case, who is always male, and hot, and tough but secretly insecure, and did I mention hot? And he tells the woman to stay out of the way, but she always provides the vital clue he needs to solve the case. Also, the killer always, always targets her when she ignores the hot detective's warning and goes snooping around, and then the hot detective shows up just in time to save her. (At this point words like "flushed" and "passionate" are used often.) There's a lot of long, awful, overblown, prosaic description that makes the story just sound like a romance novel instead of a detective story....

Wait a minute.

Benefits of high fidelity

► from CHEATING page 9

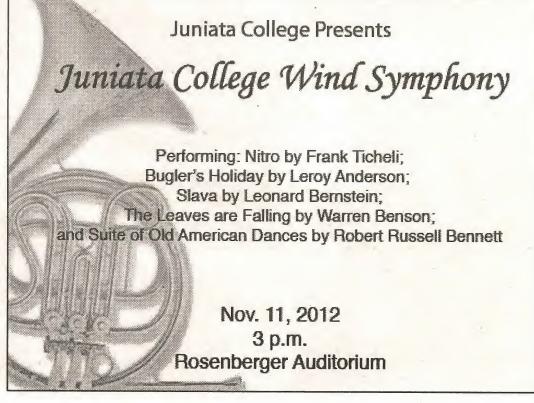
Juniata, think about the size of the school and then think about the size of Huntingdon. There are not many places you can go without easily being discovered in you secret rendezvous spot behind Brumbaugh Academic Center. I believe that if you truly do not want to be with someone, why spend so much effort sneaking around when you can be up front and just say how you feel to the person's face?

Why do people cheat? For me, I have never cheated on anyone and I do not plan on cheating in the near future. If I ever get to that point, I would want to sit down and talk to my partner before I end up like the guy that made Carrie Underwood angry. My honest belief is that people who cheat are bored in their relationship. That person is looking for excitement or some

satisfaction that he or she might not be receiving from you. This is in no way your fault.

People grow and change. We have no idea what type of person we will be in the next couple of months. I discussed approaches for conquering boredom in relationships in my last column, but if you felt that you have tried everything to make the relationship work, then you need to know that you have done all you can to salvage it. Move on and you will find someone new to find excitement establishing a strong relationship with.

I have learned by watching my parents, who have been married for over 30 years, that relationships are difficult. They require sacrifice, hard work, and compromise. I could only hope that my future relationship can turn out to be as good as theirs.



JC Halloween



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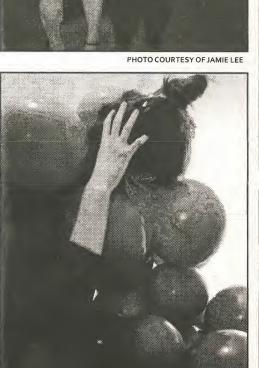


MICHELLE MEROLA / JUNIATIAN



DYLAN MILLER / JUNIATIAN





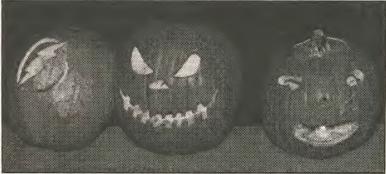
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BESSIE WEISMAN / JUNIATIAN

Power rankings: New sheriff rolls into JC Women's basketball takes the top spot in this year's teams to watch

By ABIGAIL ROSENBERGER

When looking at Juniata Athletics, it is easy to focus on one or two teams with histories of success, but times are changing and some new teams are stepping up. Here is a look at the top five teams for 2012-2013.

1. Women's Basketball

Last year the women's basketball team posted a program best 26-3 record and earned a spot in the NCAA Division III playoffs.

The team also earned recognition for their offensive and defensive success. Juniata led the landmark conference in scoring, assists, steals, and rebounding defense. With four returning starters, they are in a great position to continue their success.

"We have the drive," said junior point guard Jordan Hileman. "We've tasted what it feels like to be a championship team. So I feel like as long as that drive's there. we'll be able to compete for that championship again this year."

Still, no championship is guaranteed. This team is still the shortest in the conference and is also adjusting to a new mix of players.

Head coach Danny Young-Ulrich plans to face these challenges by working on defense and transitions. "One thing we're focusing on this year is making sure we can defend big kids," said Young-Ulrich. "And when we get stops defensively, translating that to some easy buckets on the other end."

"We need to push it out and focus on embracing our strengths which is our team quickness, our hustle, our heart," said Hileman.

With the experience and determination of this team, there is no doubt they will be competitive throughout the season and into the playoffs.

2. Women's Volleyball

Despite having a young team, women's volleyball is continuing their legacy of success. The team earned the top seed in the Landmark Volleyball Tournament by going undefeated in conference play and is ranked 24 in the American Volleyball Coaches Association Poll.

Head Coach Heather Pavlik's young team was shaky early on, starting the season with five straight wins followed by four straight losses.

"We've played a really tough schedule against some of the top teams in the country," said Assistant Coach Steph Strauss. "Maybe we weren't ready for it in the beginning ... but I think just playing those good teams has challenged us and that's helped us become better too."

To improve their record, the team focused on teaching the skills and the strategies of the game to the younger players.

"We try to teach them, okay watch their hitting arm, that will tell you what they're going to do," said Strauss.

Strauss also stressed the dedication of the team. In addition to practice, coaches meet with players one on one to work on their skills.

back and meet with some of the players individually and go over ... what maybe they struggled with in the weekend. Then we meet with them in the gym and try to fix those little things," said Strauss.

The team's ability to make corrections has helped them earn the highest hitting percentage in the conference and an average of 12 kills per set. An offense this effective will easily put these ladies in the running for a title at the Landmark Volleyball Tournament this weekend.

3. Men's Volleyball

Last year, men's volleyball won all eight of their conference games and competed in the Eastern Collegiate Athletic Conference (ECAC) south title match. This year, they are preparing to continue their success.

Despite losing four seniors, the team still has a great deal of talent, which will help them push into the playoffs once again. Head Coach Kevin Moore's team has several key players returning, including All American, middle blocker sophomore Joe Bortak.

Moore believes the key to the team's success will be their depth.

"We're fortunate that we have a lot of depth on our team," said Moore. "Top to bottom, anyone can contribute. Any one of those twenty guys can step on the court and be ready to contribute which is definitely something you need."

The team ended last year ranked number five in the AVCA Coaches' Top 15 poll. With that in mind, this

"After the weekend we come year's team has a lot to live up to.

Moore also believes the team's depth will allow them to practice in a competitive environment and lead to on court success. This combined with the strengths of individual players should add up to another exciting and successful season.

4. Men's Basketball

In the recent year's, men's basketball has become more competitive and this year will be no different.

The team finished last year with a conference record of 9-5 and an overall record of 19-10, earning them the number three seed in the Landmark Conference Men's Basketball Championships. This was the team's first Landmark Conference playoff berth since 2008.

"They were just very determined," said Assistant Coach Nick Hager. "There were a lot of tough games in there where they bounced back and played well in stretches. When we did get knocked down, the guys definitely responded and came back the next day to either get a win or get better in practice."

By the end of the season, Head Coach Greg Curley's team had the most steals and the best turnover margin in the Landmark Conference. With three seniors and seven juniors returning, they hope to carry their strong defense into the upcoming season.

"Each player we expect big things out of, to play the role and do their part," said Hager.

"Our success comes from really being a team. All 15 guys last year worked towards a common goal," said junior guard Alex Raymond. "Our one and only goal right now is to win a Landmark Conference Championship."

5. Women's Soccer

By winning a program best six of their first seven games, women's soccer has proven they are becoming one of Juniata's premier teams. Still, the team failed to qualify for the Landmark Conference Championships due to late season losses.

"This season's definitely, in my opinion, a step up from last season," said Assistant Coach Nicole Ayers. "The players came in a lot more fit because of the trip overseas to Europe this summer. They came in a lot stronger a lot quicker and with a different mindset."

Despite a mid-season slump, this team remained competitive and a 9-7-1 record.

"The passion that the girls have for the game and the passion that for wanting to win, and wanting to go far, and wanting to make the post season is definitely our biggest strength," said Ayers.

For women's soccer, the proof is in the numbers. The team ranks among the best in the landmark in assists, shots, and goals.

"We're one of those teams that no matter what we do we're close and we push each other forward," said junior midfielder Rose Lucidi. 'We want to show that we do have a chance to make playoffs and we do have the potential to be a better team. I think through this year we've shown that we do have that potential.'

Fuller reaches milestone Accumulates 1000 kills and 1000 digs for career

By Breanne Hileman

Passion makes perfect in the case of Kelsey Fuller as she reached a Juniata College women's volleyball milestone this season.

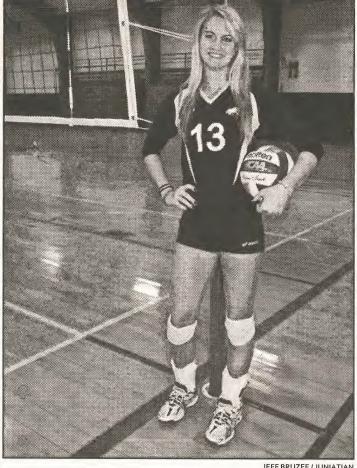
Kelsey Fuller, a senior captain on the volleyball team recently accomplished 1000 career digs and 1000 career kills, which she reached at the second weekend of Landmark Conference play at Moravian against Catholic on

Juniata College was a great fit for Kelsey because of her experiences here before she graduated high school. "I attended the Penn State express camps here at Juniata for many years. I knew from the very first express camp that I was going to go to Juniata. Juniata is the perfect fit," Fuller said.

Fuller's accomplishments contributed to the women's volleyball team throughout the last four years. Head coach Heather Pavlik said, "She has started since the time she was a freshman. During her freshman year she was surrounded by a lot of older players so I think that she learned a lot of things from them that she was able to pass on to the younger players."

Junior and co-captain Rachelle Wiegand said, "Her biggest attribute is that she leads by example. She sets the standard for the level of play during games."

Pavlik said, "She is very determined. She knows what she wants and she sets out to get it.



JEFF BRUZEE / JUNIATIAN

Senior captain Kelsey Fuller is a valued member of the women's volleyball team. She reached the 1000/1000 mark on Oct. 13 at Moravian.

She is learning how to drag others with her in those endeavors. Her determination, perseverance, and her drive have made her very successful here."

A position change for Fuller during her first few years allowed her talent to thrive. "We moved her position once or twice during her

▶ see FULLER page 15

Short but sweet Tennis had successful fall season

By JUSTIN CLAPPER

The men and women's tennis teams had a short, but great, fall season. They competed at the ITA Southeast Regional Championships in Fredericksburg, VA hosted by the University of Mary Washington, a tournament in which they saw a great deal of success.

The top six from the men's team and seven women went to compete. Freshman Bryan Gregory won his bracket by defeating Jake Greenstein of York College in a two and a half hour finals match. The scores were 1-6, 7-5, and 6-3. Senior Brice Morey defeated Michael Marsh 8-1 to win his consolation bracket. Morey and his partner Junior Justin Wisniewski made their way to the quarterfinal round of their bracket. Gregory and Freshman Michael Lifshitz made it to the quarterfinal as well.

On the women's side, Freshman Tori Gray won her consolation bracket with a score of 8-5. Junior Megan Phillips and Sophomore Heather Waring teamed up for the doubles competition. They fell into the consolation bracket, but they ended up beating their opponents 8-4 to move into the consolation finals before falling 8-5.

Part of this success is due to Head Coach Jason Cohen. This is his second year here at Juniata, but his first full year as he came in the spring of 2012. He previously coached at Stevenson University before coming to Juniata.

"I think making the transition has been pretty easy," said Cohen. "Being full time here is something I did not have at my previous position. I've noticed a significant impact in how I can improve the team both through practice time and my recruiting efforts."

The players have also noticed an improvement since Cohen's arrival. "I really feel like he worked on doubles for us a lot better," said Morey. "We struggled with that before. He relates to us better because he's played tennis for a long time. He's been a great coach so far."

"It's been working really well for us. It took a little bit of getting used to in the spring, but I think we all now know how he works and how he expects us to play and practice. So I think we're all pretty used to it," said Phillips

Both team's goals are to reach the playoffs this year. Last year the men's team came close. They finished just one spot out of playoff contention.

"I think this year we have a better shot at it than we did last year," said Cohen. "The girls were very competitive last year in our conference. The conference was very competitive overall. There wasn't one elite team, and there really wasn't one bad team. We were close to beating some teams that ended up making it to the finals of the conference tournament. I think our girl's team has the ability

▶ see TENNIS page 14

Student-athletes wanted Juniata attracts a variety of high school prospects

By TJ WATKINS

Putting a sports team together is like building a puzzle. The coaches have to find the right pieces and put them together in the right place.

Time and effort must be put in to recruit the team. It is important that coaches recruit the right players to fill the spots. The prospectives must also feel that Juniata is the right fit for them and offers everything that they need to be successful on and off the field.

Athletic Director and Head Coach of the men's basketball team Greg Curley said, "Each coach has attributes and skill sets that they value more based on their philosophies and style of play."

The kind of players Curley looks for have to meet certain standards. Curley said, "We want to find the best players we possibly can that are Juniata caliber students and people."

"Being Juniata caliber means having certain academic standards, one great thing about Juniata is all students admitted here are held by the same standards so we need to find those that also have athletic talent," Curley said.

Curley described people that would be right for Juniata, "I think recruits have to understand community, be team oriented, and want a liberal arts college environment."

Character and academic success are important to the Head Coach of the Juniata football team, Tim Launtz.

"When we're recruiting we're looking for that class and character in a young man. We're looking for that student-athlete that can have success in the classroom and success on the field."

Curley also made mention of the success of student-athletes at Juniata. "In general the people that come here and are successful have great focus and balance. I think strong students and serious athletes have the habits that lend themselves

to being successful academically and also lend themselves to being successful athletically."

Launtz, agreed on the points Curley had made about academics.

"We're looking for people that can get it done both in the classroom and on the field."

Curley looks for certain intangibles when recruiting an athlete, "When I recruit I want people that are mature. I want people who are realistic about what they want to accomplish and where they want to go," Curley said.

He views their past leadership roles and their relationships with their families and teams.

"I look for interactions with families, how they interact with parents and siblings. Are they respectful in those kinds of situations? I look for what kind of leaders and teammates they are at their high school programs," Curley said.

The work ethic and commitment of recruits is very important to Coach Curley, "The number one thing for us is their commitment to the game and improvement, and also how much work they're willing to put in."

Coach Launtz summarized what he is searching for in a recruit by saying, "What we're looking for is somebody who's willing to come here, be here for four years, and leave here with a plan in one hand, a degree in the other. We want them to leave with the feeling in their heart that they had a very positive experience. That's what we're looking for. That's what we're about."

One of the main reasons Juniata is chosen by student-athletes over its competitors is because of the sense of community found at Juniata.

The sense of community was important for junior basketball player Jeremy Hays, "It's kind of the same as the community I'm from it's just a different location. It's the people that wel-

comed me here I had my own band of brothers."

Junior volleyball player Ben Krouse had similar thoughts, "I would say the idea of a close knit family draws possible student athletes to Juniata because all the teams here at Juniata are extremely close. This isn't just limited to the teams here it's in everything. I think that it's really special that we have that because not many schools have it."

"Just being here is bigger than myself. I like the feeling of being part of something that is bigger than me," Hays said.

Academics were an important draw to current Juniata student athletes. "My final decision was based on the academics, and the grants and scholarships that would be provided for me to play," Krouse said.

Hays agreed saying, "The good academic background and good athletics was a great mixture."

"Juniata is such a great academic school and I realize everyday how great a decision it was. I can feel confident in my future because of the opportunity men's volleyball gave me here at Juniata," junior Alex McColgin of the men's volleyball team said.

From prestigious academics and competitive athletics to Juniata's close-knit community, all of these factors bring high school prospects to Juniata.

The puzzling question of choosing what college to attend for a student-athlete is not an easy one. Just like a puzzle piece each student athlete is different, and they have to find the college that is the right fit for them.

The coaches are also an integral part in the Juniata recruiting process. They have to go out and recruit those select student-athletes that are the right fit and put the pieces together. In the end the teams all come together nicely bringing success to the athletics and academics of Juniata College.

Men's soccer struggles Despite woes, hopeful for ECAC bid

By Chris Beall

As the saying goes, it's not how you start, it's how you finish. The men's soccer team went through a lot of ups to begin the season, but as the season went on many things led the team to experience a few downs as well.

The soccer team got off to one of its best starts in recent history. The team dropped their first match against Pitt-Greensburg, but then went on to win their next five games to get off to a 5-1 start. Five out of the first six games were at home including four of their five wins

"We got off to a great start and everyone was feeling pretty good. We expected to come in the season and compete in the Landmark Conference. When we got off to our good start, we felt pretty good about our chances," said junior Dane Azeles.

Then things seemed to go the wrong way for the team as they lost four out of their next five games, with their lone win against Penn State Altoona.

"As the season went on it got tougher and tougher for us. We had a few injuries and it kind of got the best of us. We just weren't playing up to our potential and we lost a few key games. Then when we got into conference play it seemed that things just went the wrong way for us," said senior Ezra Cassel.

As the season went on, injuries were not the only thing that contributed to the win-loss columns.

"We lost some pretty key guys to injuries and that was pretty tough for us. Another thing that hurt us is that we had quite a few games on the road towards the end of the season. It's always tough to have a stretch of games on the road and try to take them all. We did our best and kept fighting," Azeles said.

"It was hard to go on the road and try to get some key victories. There were some things that we could have prevented, a few things we could have done to try to get out of there with wins but it just didn't go the right way for those tough losses," Cassel said.

"We played well in many of our games. We had a few games that came down to the last minute. We had two losses in overtime to Merchant-Marine and Catholic and we let up a late goal to Drew that we ended up losing 1-0. That hurts when you fight for so long in the game and it comes down to a last minute victory like that," Azeles said.

Even with their stretch of losses, the team does not believe that the season was lost at all.

"By no means was it a terrible or bad season. We finished the year 9-9. Finishing the year with an even record isn't bad. It's not where we hoped to be but we had a pretty productive season in my eyes," said sophomore Nick Weit.

"We didn't do well in conference play and we won't be able to compete for the Landmark Championship, but we still have the potential to compete in the Eastern College Athletic Conference's postseason tournament. It's always a good sign to your season whenever you are able to compete in postseason play," Azeles said.

"I'm pretty excited to see if we are going to be picked for the ECAC's. If we are picked I think that we saw the mistakes that we made toward the end of the season and we will be able to correct them and do pretty well. We picked up a pretty big win against Misericordia and we can build off of our strengths to do well in the tournament. I just hope that we are picked to play in it so we are given that chance," Cassel said.

The Eastern College Athletic Conference will pick teams to take part in their postseason tournament in the beginning of November. Teams will know whether or not they are playing in the tournament sometime shortly after that.

Cohen excited about improving Eagles in first full year as coach

▶ from TENNIS page 13

to make it to the playoffs this year, which would be a very good step for our program and is what we're hoping to for."

"The one thing that I've instilled in them, and that I've seen manifest, is the knowledge that working just a little bit and doing a little bit of practice and doing the minimum isn't going to get us where we want to be as a team," said Cohen. "I think I've seen their work ethic increase since I got here because they've come to an understanding that were not going to get where we want to be as a team if we don't put in the extra work and work hard all the time."

Phillips said, "We worked really hard. A lot of the girls played over summer. We may have only played for a month, but we played hard everyday."

"Our motto is hard work and dedication," said Morey. "I'm a senior now and we still haven't made playoffs yet. So I'd really like to make playoffs for the first time this year. I know we have the talent to do so. We have a lot of great new freshman talent this year, we're doing coach smith workouts, and we're still hitting around, even though it's starting to get cold."

"Part of our success comes from the freshmen that we have. The freshmen have had a very big impact on our teams this fall," said Cohen. "We have three freshman guys starting in the lineup out of six. That's a pretty significant transition. All four freshmen girls saw playing time in the fall at some point. It's very still up

in the air though as to who will be where when it comes time for the spring for the girls in terms of starting positions."

"I feel we are going to be very well off. We may not have won our conference matches last year but all our matches were close. I think with the four freshmen we brought in and how hard we've been working I feel we will peak and do well," said Phillips. "We're working hard and looking forward to the spring season and hope people come out to the matches to watch."

"I've set up a schedule slightly different than it was last year to benefit our team. I'd like to play more competitive matches. Last year I felt like the teams we had on our schedule were either a lot better than us or we were a lot better than them. The matches weren't very exciting," said Cohen.

He continued: "I'd rather play exciting matches. I feel like this type of schedule will prepare the team better heading into conference play. I expect both teams to compete for a playoff spot."



CALLING ALL STUDENTS

The Huntingdon County Republicans invite Juniata College students to stop in at our office at 216 Fifth Street, Huntingdon.

Open weekdays 5-8 p.m.; Saturdays 9 a.m. - 3 p.m. Volunteers Welcomed - Needed at Polls

Call 814-643-3410 or contact Carlton Logue, Juniata College Republican Chair, loguegx10@juniata.edu for upcoming events and questions.

Thank You for Voting Tuesday, November 6

Women's volleyball takes over southern California Eagles enjoy warm weather and use time away to continue to bond as a collective unit

By DIMITRI ROSS

This is the time of year when Huntingdon weather begins to get unstable. Earlier this season the women's volleyball team was able to have a nice climate change when they took a memorable trip to southern California for a tournament.

The JC women's volleyball team had a nice break from everything when they headed to Thousand Oaks, CA in early October. While their main goal was to win games, they wanted to have fun and cherish their time on the west coast as well.

"We were coming off of a close loss the game before so we definitely wanted to get back on track and string some wins together. At the same time we knew that trips like this don't happen often so we were all really excited just to have a good time over there," said sophomore libero Brittani Young.

"I personally couldn't wait. We always have a blast when we go on road trips so I knew this one wouldn't be any different," said junior middle blocker Courtney Lydick.

They were not let down by the trip at all. Road trips can make or break teams sometimes. In the midst of a long season it is helpful to a team to get away and bond.

"I honestly think that may have been one of the best trips as far as bonding. Everyone was in a good mood and just enjoying each other's company. I think it made us closer as a team," said Young.

While California was uncharted territory for the majority of the team, freshman middle blocker Karley Christian's hometown is about an hour up the road from Thousand Oaks.

While she lives in the area she was just as excited as her teammates to make the trip.

"I could not wait to get back on the west coast. I'm happy that I got the opportunity to share some southern California culture with my teammates. Home is a big part of who I am so I'm always proud to share that piece of me with people," said Christian.

The team was happy Christian was able to share that part of her with them. It was a special trip for them and they have very vivid memories of their favorite part of it.

"I would have to say my favorite part of the trip was the weather. It wasn't obnoxiously hot, but it wasn't cold either. It was so comfortable. I'll miss it even more once the central PA winter starts," said Lydick.

"My favorite part of the trip was just being around the girls. Things get so hectic on campus so being able to just chill out was a nice change of pace," said Christian.

Although there was a lot of down time, the team was able to stay focused competing in three matches in two days. All of which went five sets.

"I feel like having that down time helped us out. Sometimes when you're too serious you play tense. The fact that we were having such a good time allowed us to play loose," said Lydick.

"As an athlete you have to understand that there is a time to play and a time to be serious. It is fine to kid around, but when it is time to play you have to devote all of your focus to volleyball. Anything else is not important when you are in between the lines so the matches honestly didn't feel any different from home matches to me. It's the same mindset and approach regardless of where the game is," said Young.

All in all it was a vacation that the team will never forget. College athletics will take a lot out of you and cause a great deal of stress. Trips like that allow athletes to keep things in perspective though. While the sport is extremely important, the relationships that you form are more important sometimes.

As you go through life you



Women's volleyball poses for a picture during their downtime in California. The team was treated to food from California Pizza Kitchen and In-N-Out Burger.

may forget how many games you won in a particular season, but you never forget the people you win them with.

The Eagles begin the Landmark

Conference playoffs at home on Nov. 3 in the Kennedy Sports and Recreation Center. They hope to capture their 32nd consecutive conference championship.

Satisfying ending to remarkable tenure

▶ from FULLER page 13

tenure here and she has handled that extremely well. I think that she understands the game from a lot of different angles now," Pavlik said.

Fuller said, "I came in as a middle, and they told me the practice before my first collegiate game that I would be starting as an outside hitter. The transition made me a well-rounded player and I understand the game better."

"It prepared me for life in general because I was thrown into a couple different positions. In the end, the position change was what the team needed. I knew that I had to do whatever I needed to do to make the team better. With such great coaches and players around me, the transition was easy," Fuller said.

Fuller prepares well for each season, game, and practice. Her hard work is the reason for her success. Wiegand said, "She comes into preseason in shape and sets an example for the team. She is a naturally gifted athlete with a lot of talent, and she has really put time in at the gym to be one of the best players on the team."

"The combination of being naturally gifted and putting in the work has paid off for her," Wiegand said.

"In order for the team to be successful, I needed to be the strongest and fastest that I had ever been in my position. In order for the other girls to do their job, I needed to do mine as well," Fuller said.

She continued: "I trained in the offseason for my team, not for myself. This gave me more of a will and a drive to complete the necessary training."

Many players influenced Fuller and helped her become a strong captain. "My freshman year, I was very young playing on a team with a lot of upper classmen," Fuller said.

"Paige Johnston taught me to be competitive. She gave me the toughness that I needed in order to be successful." Fuller continued to say, "Megan Sollenberger taught me to have patience and helped me to stay calm as a leader during games."

Injuries were not an easy obstacle for Fuller to deal with throughout her career, but she used them to become a stronger player and leader.

One final goal I have is for the team to reach its full poten-tial. If we do, I know that I will walk away from here feeling like I accomplished everything that I ever wanted to.

- Kelsey Fuller '13

"She came back knowing that her time here is limited and that she was going to grasp every opportunity that she could and not take anything for granted. She used that hard experience to improve herself both on and off the court. She used that time constructively," Wiegand said.

Pavlik said, "She has been very dedicated for four years and I think that some of the adversity that she had to go through because of her injuries has made her a lot tougher as a person and as a player. I think that those kinds of lessons will endure for the long haul."

"I missed a whole spring season, but I gained a whole spring season of understanding my team and really learning their personalities and what they respond to, so in the fall I could be the best senior for them," Fuller said.

Fuller was overwhelmed with emotion when she realized her accomplishments. "My dad had a poster made that all the girls signed. I was overwhelmed with all the emotions at once. It finally hit me that it was my senior year and that I only had a few months left to play volleyball," Fuller said.

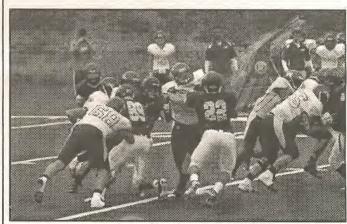
"I am happy and excited about this accomplishment, but the only reason I have been able to accomplish this is because of the players that I have had the honor to play around and the coaches that have coached me. It is thanks to them that I could even dream about meeting this goal," Fuller said. "Having my family, my team and my coaches there at that moment to celebrate it with me, made all the practices, blood, sweat, and tears worth it.'

In the future, Fuller hopes to coach volleyball. She said, "I hope to coach for a few years after Juniata. I am hoping to get a graduate assistant position, but even if it is coaching for a few years at any level. I will still love it. I know I am not ready to set volleyball down yet. I have such a love and passion for the game and I still want to be around it."

"I think that Kelsey can use her experience here at Juniata to make another program very successful. She is a really good player and she knows the game. I think she can use that knowledge to be a good coach someday," Wiegand said.

Fuller's last request: "One final goal I have is for the team to reach its full potential. If we do, I know that I will walk away from here feeling like I accomplished everything that I ever wanted to. It is not about the winning anymore, it is about making sure that as a team, we reached the potential that we have."

Soaring Eagles







Top and Middle: Juniata defense holds back the McDaniel offense during the game played Oct. 27. Juniata would go on to win the game 24 to 7. Bottom: Sophomore Kortney Showers goes up against three players from Scranton for the ball during the October 28 game. Juniata won the game in overtime, 5 to 4.

By Kunal Atit

Over the course of the academic year odd things seem to happen at every college campus across the coun-try, and during the last few weeks Juniata hasn't been an exception.

From party boys licking people's ears over at East Houses, to hypnotists making kids give parents lap dances during homecoming, JC certainly doesn't lack its share of weird happenings.

Cliff safety 101: how to survive on the edge

least the most concerning of these incidents however involved a completely sober (allegedly) student taking a swan dive off the cliffs near campus. Luckily they sustained no major injuries, or worse (though it would probably have raised the collective IQ of campus) but something like this should make us all reflect on why we should take care of ourselves and practice caution. Look, your choices affect yourself, and the ones you love, but most importantly me.

Look, I don't really care if you have a death wish, or think your going to get that really hot girl you're hang-

The most peculiar or at ing out with by proving you're too stupid to be afraid of that 100 foot fall (if that's how you impress girls).

What I do care about is that if you happen to take that leap of faith and end up on the express lane to kick back with Satan and his bros (I'm pretty sure Heavens admission standards are too high for people who think they can fly) the paper is going to be all about you next week and I'm going to have to write some bogus article about how you where such an integral piece of the community and touched so many lives, when really the biggest way you touched anyone's life was probably by being the obnoxious kid who thinks he ing pam on the waffle iron and ends up holding up the entire brunch line while you have to scrap off burnt waffle (I've been there before, it's a dark, dark place).

With my luck the girl of my dreams (The Angel) is going to read that edition of the paper and I will have lost my one chance to make

her laugh.

Guys I'm going to be honest with you, I'm not winning any beauty contests so my only shot with a girl is to keep her laughing, and just because you thought the best way to get with that cute chick was to attempt your best Micheal Jordan in space jam impression, I will

can get away without spray- have lost one more chance at getting the girl I want, to notice me. Seriously it's not worth the risk, you're not "getting any" if you're dead, so you might as well pretend that you care about staying alive.

No one night stand is worth 20 years worth of chances (unless it's with Ann Hathaway, I'd die 10 times over for one shot with her, but come on your girl is no Catwoman) but if you don't take my advise and do end up resembling a scrambled egg, and end up growing old alone, promise when I die I will find your little punk soul ... So seriously guys stay safe and remember its all about

JC Edition: Hurricane Survival Kit

- 1. Case of Hurricanes
- 2. Candles with extra wicks
- 3. Axe bombs
- 4. Boogie board
- 5. Tin can with a string
- 6. Blankets and furniture for a fort
- 7. Nutella
- 8. Matches (but not for the candles)
- 9. Duct tape
- 10. Condoms
- 11. Swimsuit



After Hurricane Sale! Now only

THUMBS UP. THUMBS DOWN



Thumbs down to not knowing about canceled classes until after the liquor store was closed, how were we supposed to prepare?



Thumbs up to the football team winning the same number of games this season as the past three seasons combined. Clear eyes, full hearts.



Thumbs up to Juniata's own Bill Clinton for not having sex with that woman behind East on Saturday night.

Busted Party Horoscopes:

Foreseen by local prophet Miya Williams

The Runner: You just ran as fast as you could to escape the grasp of the cops. You made it all the way to your room safe and sound! Way to go! Unfortunately all that noise at 3 A.M. woke up your RA. A write-up is in your future.

The Hide-and-Seeker: You hid so well that nobody found you. Congratulations, but you're still in the closet. You can't help but think about the great time you had and how lucky you are. You especially can't help but think about those six shots and three beers you had either. The bathroom is just a room away, but you can't get caught. A close call will be in your future.

You gave up. You knew you The Surrenderer: couldn't run, and your friend took the best hiding spot that you knew of. Lucky for you, the police are just going to let you go. While your friends are out of breath or cooped up in some hiding spot, you are safe at home. Calling it an early night is in your future.

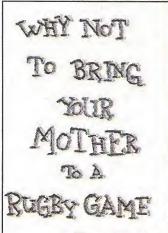
The Hermit: You stayed in. You just knew that the party was going to get busted, so you watched a movie and went to be early. What you didn't know was that your resident was going to tear through the hall-way screaming, "I MADE IT! SUCK IT PIGS 'CAUSE I MADE IT!" A rude awakening is in your future.

The Host: You finally decided to throw a party offscared senseless. A change of pants is in your future.

campus. It would be known as the sickest thing to happen in all of Juniata history...which isn't saying much, but still. You had the dopest beats, jungle juice, and plenty of people who were willing to go. You were ready to party. However, you weren't expecting a three-person fistfight to break out at 2 A.M., which alerted the cops. Lucky for you, they're being lenient, but you were still

- SEED ON A THE STREET

By MOLLIE EHRGOOD











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THURSDAY, NOVEMBER 15, 2012

How would \$800,000 improve JC's campus? Administration spends significant amount to buy new house and 24 acres for future president

By HALEY SCHNEIDER

On Aug. 30, 2012, Juniata College purchased the new president's house for \$800,000. This purchase has become a topic of debate for faculty and students.

The new house, and the 24 acres of land that surround it, will be replacing the current president's house on Washington Street. According to President Tom Kepple, there were a number of problems with the old house that led to the decision to replace it.

"It was pretty clear that there was a lot of deferred maintenance that had to be done on this house, and it didn't work very well as a president's house," said Kepple.

Vice President for finance and operations Rob Yelnosky listed problems such as the electrical system, the furnace and a roof that needs to be replaced as some of the deferred maintenance issues.. Yelnosky also said that the house did not operate the way a president's house is expected to.

"There's not a good space for entertaining large groups, there's not very good parking, and there's no accessibility, so if you have someone who has accessibility needs, that house is not set up for that," said Yelnosky.

Yelnosky stresses that no stu-



JEFF BRUZEE / JUNIATIAN

The new president's home, worth \$800,000, is on 24 acres and replaces the old home on Washington Street.

dent tuition money was used to pay for the house, so the operating costs of the college have not decreased at all.

"The endowment actually purchased the house," said Yelnosky. "So there was no operating money used and there was no tuition room and fees money used. It was all endowment cash."

Despite this fact, some students are still upset about the amount of money spent on the house.

"I think the school is seriously mismanaging its resources if they are buying an \$800,000 house when they already have one," said sophomore Dan Angelozzi.

According to Bob McDowell, a member of Juniata's Board of Trustees, it was necessary to replace the old house, and a number of plans for a new president's house were discussed before making the purchase.

"We asked ourselves whether we should build a house on campus. We have places we could have done that," said McDowell. "It could have been another option."

While Kepple and the Board of Trustees saw the house as a good opportunity to improve the college and a way to save money in the long run, some members of the faculty think that the money would be better spent elsewhere. Phil Dunwoody, associate professor of psychology, is one member of the faculty who feels this way.

"\$800,000 is a lot of money for a house, and there are a lot of other needs around campus that also cost money," said Dunwoody.

Dunwoody's biggest concern, however, is what paying \$800,000 for a house says about Juniata's values.

"I'm concerned about what it says about our values as an institution," said Dunwoody. "Part of the national discourse going into the election to some extent is about distribution of wealth in our society, and how people at the top of society seem to be getting a larger and larger chunk of the economic pie. And in the time I've been here there have been a lot of discussions about things like faculty salary."

According to Dunwoody, associate professors at Juniata are making less money then they would elsewhere.

"We're underpaid fairly considerably compared to other colleges, about \$7,000 a year. And that's a large chunk," said Dunwoody. "And we've been told, essentially, that they acknowledge the problem but they have no money to fix it. That's hard to mesh with then spending \$800,000 then on a house."

Another topic of debate surrounding the new President's house is handicap accessibility. The new house will be made completely accessible for everyone. However, Dunwoody wonders why some of the buildings around campus are not as accessible.

"When Good Hall was renovated, a number of us in Good Hall pressed for an elevator, because a lot of the building is not handicap accessible," said Dunwoody. "We were told there was see NEW HOUSE page 5

Locals outraged by students Neighbors unhappy with noise, inconsiderate actions

By Louie Nigh

Irate neighbors have been increasingly willing to call the police on Juniata students over disruptive behavior. Though most Juniata students behave conscientiously, some neighbors still feel that students are inconsiderate.

Neighbors most often complain about noise, according to Dean of Students Kris Clarkson, but there are other reasons for calling the police.

"It's primarily noise and disruption," said Clarkson. "Beyond that, it's about inconsiderate behavior. Walking to and from the bar, students pushing each other into a bush, lawn furniture is missing, people who stop and urinate in their yards. But primarily, it's about noise and trash."

The compilation of past violations makes this somewhat of an ongoing issue.

"Vomiting on someone's yard is pretty disgusting," said Clarkson. "But there were students who were very disoriented who wound up walking into somebody's house. That's a terribly dangerous thing, people have guns. But it's the ultimate violation of personal property and space. We've had cases of people who went in and fell asleep on the couch, or a woman who wandered into the kitchen and prepared herself a snack. They didn't know where they were."

Neighbors can become extremely angry about these issues.

"Some neighbors are very aggressive, demanding, and basically seem to dislike students in general. Others are just annoyed because it's late at night. One time, a resident had a picket fence that was broken. He yelled probably 15 or 20 minutes," said Clarkson. "We've had neighbors threaten to shoot students sitting on their porch with a gun. They also threaten to get students arrested and charged. I hope that it won't, but the shooting thing could happen. Neighbors also have had coalitions, petitions, that kind of thing."

On the positive side, Director of Public Safety Jesse Leonard says that there have been few noise complaints this year.

"The number of calls varies by

a lot. It's maybe every other weekend, one or two a month. In serious cases, neighbors call the police," said Leonard. "We have an excellent working relationship with the police. They let us know, and we can be there with them."

Neighbors have been more inclined to call the police because of a noise ordinance law passed in April 2011 by the Huntingdon county borough. This law empowers police to press charges against students living off-campus.

"It's basically a 'disorderly house ordinance' that holds both landlords and residents responsible," said Leonard. "That's described as a house or place of business that hosts underage drinking, fighting, or boisterous behavior that disturbs the peace. For noncollege owned properties, the local landlords used to be held responsible. Now, the tenants can be fined."

One neighbor, who wished to remain anonymous, believes that this law is very helpful.

"I agree with that, I think it's a very great idea. When students

▶ see NOISE page 4

Sticky fingers at JC Theft rises as the holidays approach

By JM DUBENSKY

Recently, several Juniata students have had valuables stolen on campus. Despite student concerns of rising criminal activity, public safety reports that crime on campus is not on the rise.

Seniors Matt Musser and Monica McGrath both had items stolen several weeks ago. Musser had his MacBook Pro stolen and McGrath had her iPad stolen. The iPad was issued to her by the school for the class EN 376, Writing Across Media.

Both thefts occurred on the same day in relatively obscure places on campus.

"I left my laptop in Good, in our psychology research lab, called the cave," said Mussser. "It's a locked room that only professors and three other students have keys to. The door is locked all the time, but the professors use the printer in there and they'll somewhat consistently leave the door cracked during the day. I'm assuming that's when it was taken."

"I left my iPad overnight in BAC, in one of the research offices in the Geology wing," said McGrath. "Those rooms usually get locked at night. Since nobody except Geology people know that place, we usually just leave computers and other stuff lying around. But I guess Public Safety can be hit or miss with locking some rooms. Right now none of us have keys, but because of this incident we're going to get issued keys and have to start locking everything."

Jesse Leonard, director of Public Safety, says that while there is not an increase in thefts on campus compared to past semesters, public safety has noticed that thefts occur right before school breaks. The timing allows for the thief to take the stolen items home and sell them.

"It happens," said Leonard.
"All of our thefts are what I would call opportunity thefts, in that the opportunity for someone to take something comes up and they take it. If you don't lock your door and you leave a valuable in your room, you've given someone an opportunity. The door's open, you went to

▶ see THEFT page 6

Presidential search continues

Plympton, Grigsby visit campus, talk about future goals

By MATT ELIAS

With an expansive list of accomplishments, it is clear that Tom Kepple has been successful as Juniata's president. Assisting in the transformation from a regional gem to a nationally renowned institution, Kepple has helped reshape Juniata College throughout his 15 year tenure. Looking to the future, Juniata continues its search for a new president.

"I think that everybody has wonderful things to say about what Kepple has done," said Belle Tuten, W. Newton and Hazel A. Long professor of history and member of the presidential search committee. "There are so many things he does behind the scenes. He brought better management to Juniata."

Leaving his imprint on the Juniata campus, Kepple has raised funds for the construction of Von Liebig Center for Science, the renovations to the Halbritter Center, including the newly constructed Suzanne von Liebig Theatre and the renovations to Founders Hall, making it environmentally friendly. In addition to that, he also was instrumental in eliminating 18th street, which created the central quad on campus.

"I spend every day doing homework in the central quad," said freshman Stephanie Pagliaro. "From a functional and aesthetic standpoint, President Kepple has infinitely bettered Juniata College."

"Juniata has been on an upward trajectory during Kepple's tenure," said Bud Wise, Trustee and member of the Presidential Search Committee. "President Kepple was able to maintain the core sense of community at Juniata, all while improving buildings, programs and globalizing the college.'

Kepple has also increased Juniata's endowment by over \$10 million, resulting in a leap from \$62.3 million to \$78 million.

With these contributions to Juniata, Kepple's success speaks for itself. However, with Kepple set to retire at the end of this academic year, the search for his replacement is well underway.

Presently, the Juniata Board of Trustees and the Presidential Search Committee has narrowed the expansive list of potential candidates down to four. Due to regulations, these Presidential candidates can only be revealed very closely to their visitation of the campus. However, Presidential Search Committee ensures that the remaining four candidates can do the job.

"I was blown away by how qualified these people are; the experience of these candidates is unparalleled. The question is going to be who seems like they fit in with the campus and who can do the job they way we want it done," said

"Integrity and honesty are the foundation points for our next President. Beyond that, our next President must have a deep commitment to the value of a liberal arts education and must be able to connect with many different constituencies," said Wise. "A successful candidate has to have both leadership skills, to provide a more visionary direction to Juniata, and management skills, to ensure the financial health of the institution."

Peggy Plympton, the vice president for finance and administration at Lehigh University, recently visited Juniata and is one of two publically announced Presidential candidates. Citing her experiences at Yale, Bucknell, Wellesley and Harvard, Plympton believes she has the necessary qualities to be Juniata's next President.

"I can provide the leadership to offer a quality liberal arts education in the future," said Plympton. "I have the leadership skills to make Juniata thrive. I have the proper management skills that are vital for this position and I will represent Juniata vigorously and effectively.'

In addition to Plympton, Bryon Grigsby has also been named one of the final four presidential candidates. With extensive experiences at Shenandoah College and Centenary College, Grigsby has worked as a professor of English, provost and chief operation officer, as well as a senior vice president and vice president for academic affairs.

"I will get Juniata College the resources that will be sustainable to change lives for decades," said Grigsby. "I plan to increase endowment and take some pressure off being a tuition driven college."

Rob Strauss, the student representative on the Presidential Search Committee, serves as the liaison between the entire student body and the search committee. As a standing committee member, Strauss has interviewed potential candidates and has been fully immersed in the entire search process.

"I'd like to ensure that all Juniata traditions will be in place forever and the next Juniata president will maintain the culture here at Juniata," said Strauss. "The sense of community is so strong here and I wouldn't want to see that change in the future."

"Tradition is strong at Juniata, and for me, I'm looking for a president that will not only continue our traditions, but embrace them," said junior Ben Krouse, vice president of the Juniata Activities Board.

With the next president to be named before the end of the year, and Kepple set to retire on June 1, there will be a clear period of overlap between presidential administrations.

"First thing the next president is going to have to do is learn a lot about the campus. There has to be

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an adjustment period before the president can do anything new,' said Tuten. "Fundraising and attracting donors and grants for the college will be among the president's initial tasks."

Additionally, the search committee has highlighted various issues that presently affect Juniata that the new President will have

Paramount amongst those issues is the hiring of a new provost and vice president for enrollment.

"The provost and VP for enrollment have to be determined. Establishing a leadership team has to be an immediate priority for the new president," said Wise. "This new leadership team will help the development of a new strategic plan for the college.'

Additionally, 40 percent of Juniata's student population is from out of state, but Tuten notes that only 37 states are represented at Juniata. "We're going to have to make ourselves attractive to a broader base of students from farther away,"

"We must take our student body and diversify it geographically," said Wise. "Enrollment stabilization is something we definitely need. Juniata College is an institution that is very tuition dependent, so we need to be very near our maximum student body at all times in order to maintain the financial health of our school."

The budget for Juniata College is over 90 percent based on tuition, and as Tuten, Wise and Strauss conclude, we need larger endowment to give Juniata more flexibility and sustainability.

"Fundraising and endowment are of the utmost importance. Endowment gives you operating flexibility, and right now, Juniata does not have that flexibility," said

Despite asuccessful 15 years with Kepple at the reigns, there is still more to be done. Change is inevitable, however, the experience of all four candidates proves to be pointing Juniata down the right path. Looking to build on Kepple's accomplishments, the next President aims to push Juniata to new heights as a college.

"Ultimately, I trust that our next

No fish and chips? British student spills his daily life

By GAVIN EDGERTON

Born and raised in Buckinghamshire, English exchange student Scott Raven decided to spend his junior year at Juniata College. According to Raven, after exploring the likes of Europe, North Africa and the west coast of the United States it was time to visit the culturally diverse town of Huntingdon, PA. This is day in the life of

8:03 a.m. Despite not having class until 10 a.m. Scott is awoken by his roommate, senior Carrington Jones, blaring Lil Wayne on the speakers in their room in South Hall. This is a signal that it's time to get the day going. "I hate waking up before the crack of noon but my roommate likes to wake me up with American music so I don't need an alarm clock any more," said Raven.

8:05 a.m. Scott deems today is a good day because the bathrooms in South are not completely flooded like they were a few days ago.

By 8:12 a.m Scott is out the door heading to Baker Refectory for breakfast. "I'm not big on breakfast, but it gives me time to catch up on readings for my lectures," said Raven. "Juniata is a lot more academically competitive than I had anticipated. I was expecting Juniata to be like the American universities in the 'American Pie' films.

8:19 a.m. After taking almost half a semester of International Law and Human Rights with professor Emil Nagengast, Scott is an expert on human rights and claims that the eggs served by Sodexo violate the right to happiness.

8:47 a.m. The side effects of eating Sodexo eggs begin to set in as Scott leaves Baker.

8:49 a.m. Scott has returned to his room in South and begins his ritual 'pregame' before the days lectures. "I check my emails every morning to see if any lectures are cancelled, so I can pack my rucksack (backpack) accordingly," said Raven. Scott is enthused to see that his 10 a.m. class is cancelled. This will give him more time to study notes before his 11 a.m. class of southern African history, with As-

and story-telling goodness." (bolachas.org)

all of America loves cat videos or just Juniatians, but think it's one of the best parts of the culture here," said Raven.

9:57 a.m Scott is startled when he looks up at his clock and sees that he has been watching You-Tube videos of fluffy kittens for over an hour.

10:06 a.m. It's time to get down to work before classes start, so Scott leaves South and heads to an empty classroom in Good Hall to do work. "Juniata gives way more work than universities in Europe," said Raven. "I don't see how Juniata can encourage us to explore new things when we are buried in assignments and readings all the time."

Scott shows up Southern African History at 11:01 a.m. Despite showing up to class one minute late, he is able to sneak into class without causing a disruption. "Americans don't realize that James Bond is actually just a typical Brit. We're all like that over in England."

11:03 a.m. Scott chooses not to antagonize his classmates today. Instead, he decides to doodle the English lion eating an eagle before taking a mid-class napping.

12:21 p.m. Scott awakes from a deep sleep to find his classroom

12:24 p.m. While walking on the stone path from Good Hall to Eagle's Landing, Scott bumps into fellow British exchange students Phoebe Farr and Hannah Thompson. The trio discusses the tents that have recently been set up outside of Ellis Hall. "I am so proud to see Juniata students setting up a sit-in and suffering the cold outdoors as a demonstration against the administration," said Raven. "I'm not sure what they are lobbying for, but I bet it has something to do with the lack of tea and crumpets provided

At 12:53 p.m. In order to mentally prepare for International Law and Human Rights with Professor Emil Nagengast, Scott chugs a whole Red Bull energy drink. "I love this class. My favorite part of the day might be when I get to debate Nagengast and criticize my liberal classmate's points of view," said Raven. "The Peace and Conflict students get pretty flustered."

1:01 p.m. Professor Nagengast

▶ see BRIT page 5



Upset students get answers about missing arch info

Pheasant, McBride ask community for suggestions on how to improve the website

By NATASHA D. LANE

There has been concern among students about the changes or lack of changes to the Arch and the Juniata homepage. The Arch has undergone several alterations while the Juniata homepage has too few changes causing it to be both a source of student complaint and pressure to modify the sites.

The Arch is a frequently used Juniata website. Students use it to check grades, for scheduling, to record work hours and to get in contact with professors. This year, the site has undergone changes that have caused students to wonder who is in charge of the Arch and why have they made said changes.

The Arch web development team is run by Nick McBride, the web programmer and analyst who was in charge of deploying the new arch, Joel Pheasant, director of technology solutions center (TSC) who deployed the old arch and David Fusco, associate vice president and chief information officer.

As a web programmer and analyst, McBride writes codes for different webservers and internet browsers and examines the codes to see how problems can be fixed. McBride has been with Juniata for four years and has seen two previous changes to the Arch prior to this one. He believes the changes were for the better.

"The old Arch actually ran on a separate server in its own environment. We basically used a new content management system that we can put in our new server so we were actually able to eliminate a whole server with what we were doing there. That reduced our maintenance cost as well," said McBride, "Actually with this new content management system, it makes it easier for us to manage this Arch. The design completely changed from what everyone was used to, some of the headings stayed the same and somethings moved around. We tried to better organize it a little bit more and adjust it so we get feedback."

One reason for the change was the need for a new server to run the Arch.

The older Arch ran by its own server. Both that server and the software that ran it had gotten old and would require maintenance to continue running it the way it was. Pheasant not only views the changes to the Arch as an improvement but necessary

"That server was up for replacement anyway so it was a matter of do we buy a new server and continue running it the way it was. That was also written in Java, it hadn't been updated yet.

The version that we were running was a couple of years old so there were patches that needed to be installed and any customization that we made would have to be redone," said Pheasant, "So it was going to require a significant amount of work and this new server to keep it the way it was. We looked at it as an opportunity to save the cost of that server and make it easier to maintain in the long run."

McBride believes that the old server and software provided too many limitations for the team in terms of maintenance and customization.

"We were running out of ways to be able to customize it, it had its own limitations and the upgrades to not even the server but just the software alone was very cumbersome. What we have now is very easy to upgrade in place without having to make major changes or have severe down time," said McBride.

The biggest complaint students have had about the new arch is the disappearance of facility and building hours. Sophomore Sarah Broshkevitch is one of the many who finds this change inconvenient. "That's a complaint I have because I don't always remember all the times all the places are open and I like to know that kind of stuff," said Broshkevitch.

The Arch web development team explains that they are not responsible for all the content that is displayed on the Arch. Much of their content they draw is from other sources.

"Certain pages we have in front of us that are list of links that go to different spots or like the alcohol. edu links, we manage those, but for Web Advisor we're providing just a link to Web Advisor which is external content," McBride said, "And in other certain cases, we pull out information from an external site and there are other people that maintain that. Everything, it's a mash up of a bunch of different pieces brought together."

Pheasant also explains that the building hours actually were not part of the changes made to the Arch.

"The building hours have nothing to do with the change we made to the arch. That was being pulled from the pathfinder which was located on the dean of student's website.

When they redid their area of the website they combined the pathfinder into one large pdf file as opposed to havthe individual sections which had the hours in it before." said Pheasant, "So the feed that we were pulling before, those hours are no longer available. It is something that can be added back in its just a matter of somebody needs to be maintaining that data.'

Sophomore Sophie Chambers sees the new Arch as an improvement, but still would like to see the facility hours returned.

"The Arch I think it's more organized in that it has like lots more different categories and I think it's better laid out, but I agree with Sarah. I like being able to access the arch and have the hours and stuff all set up," said Chambers.

Despite student issues with the new Arch, the developments team both welcomes and support student feedback.

"We definitely are very interested in hearing the student feedback and understanding what your challenges and concerns are with that. I will also tell you in addition to that that we are very sensitive to not over surveying students," said Fusco.

The Juniata homepage is frequently used by current students searching for specific information and by parents and prospective students looking to learn more about Juniata.

The web development team in

▶ see ARCH page 5

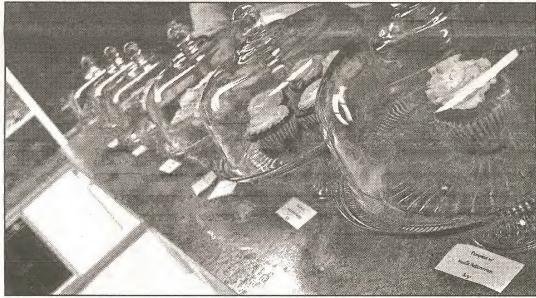
Sweethearts Confectionery grand opening downtown New store gives community sweet deals on cupcakes, cookies and other baked goods

By Caitlin McCann

Nestled next to the movie theatre in Huntingdon lays a brand new hidden gem, Sweethearts Confectionery. The store, run by Jana Fortune, recently opened and offers candy, cupcakes and chocolates. Ideal for a small gift or a quick dessert, reasonably priced sweets await those looking to satify their sweet tooth.

Bright smiles and friendly employees are a must here and make the entire experience pleasant. Cleanly and carefully decorated, it is easy to see that every piece of furniture and decoration has been placed with a purpose.

As you enter the store, sweets in glass jars line the shelves and various tables offer other popular candies. Venturing further in, chocolate is displayed for easy viewing and cupcakes look invitingly at customers.



Sweethearts Confectionery is a cupcakery and candy shoppe that opened the first weekend of October. They sell a wide range of sweets from candies, to home-made chocolates, and delicious cupcakes.

Fortune, originally from Mc-Connellstown, PA, has enjoyed ing since a young age. It only

working with sweets and bakseems fit that she is the proud owner of her own confectionery shop.

"I have always had a love for sweets and baking. As a child I would always help in the kitchen and that enjoyment progressed into taking culinary arts at the Huntingdon County Career and Technology Center. Being in the kitchen has always made me happy and is relaxing to me. It is just natural to be covered in flour and have something in the oven," said Fortune.

Having grown up in McConnellstown and then moving to Huntingdon, the small town atmosphere means a lot to Fortune.

"There is no other place that I would think of opening a shop up in. This truly is a small, close knit community," said Fortune.

Even though the store opened up only a month ago, the reception by both the Huntingdon community and students at Juniata has been positive.

Freshman Claire Moulder has been to the store and plans on returning in the future.

"I really enjoyed it. The people who own it are very friendly and inviting. They are really excited about Juniata students coming," said Moulder. "I got a chocolate and peanut butter cupcake, and I loved it. The cake was moist and delicious and the frosting was light and sweet. It was everything you could look for in a perfect cupcake. Overall, I was very satisfied and I would definitely go back for more."

Freshman Christine Whiteman agrees with Moulder and also plans on returning to the store.

"I loved the store, it had a very nice atmosphere and the people that worked there were extremely kind and welcoming. I'm excited to go back at some point with some other friends and show them as well," said Whiteman.

▶ see SWEETHEARTS page 7



Past complaints include urination, vomiting

▶ from NOISE page 1

are at college age, and they want to live on their own, they have to learn that they have to be responsible like adults, and adults don't behave that way in their community," said the neighbor. "I'd absolutely be willing to call the police."

Violators can face fines or even jail time.

"Any violation is a \$300 fine, and/or 90 days imprisonment. We still haven't had any students imprisoned so far, though," said Leonard.

Senior students Eric Wilson and Mike Walker had the police come to their door four weeks ago.

"It was a typical cop showing," said Wilson. "We opened the door, and we were told that there was a noise complaint. Our house always got called last year; this year, we only had one. They threatened a fine, but we never got one. It's more like a threat, to warn us. JC showed up after that. Their main concern on a noise complaint is making sure that nothing gets out of hand."

Another senior relates what happened when police broke up their party, three weeks ago.

"The police came because there were too many people outside during a party. We probably had around fifty to seventy people outside. They told everyone to leave, and they took all our alcohol," said the student. "That was the only time we had a noise complaint. We haven't had another party since then."

Police intervention is not only met with a fine, but by disciplinary action by the College.

"Though it would depend on the offense, it's usually an official college warning for the first offense. For repeat offenses, or uncooperative students, we would place them in probationary status. In extreme circumstances, it would be suspension," said Clarkson. "It has happened in the past, but not lately."

But students don't always receive disciplinary action by the college when there are complaints.

"They just told us that we may have to meet with the Dean," said the aforementioned senior.

Walker recounts that though another student living in the housing had to talk with the Dean, there were no consequences involved.

"I'm sure that a noise complaint is the least of the Dean's worries," said Walker.

Clarkson believes that when students receive complaints, it is never intentional on the student's part.

"Sometimes, I think that my students are a generally wonderful lot, but occasionally they use bad judgment. They don't intentionally mean to be disruptive to others. So usually, a gentle reminder is sufficient," said Clarkson.

Not all noise complaints are due to excessive noise. Students may be surprised about other situations in which the police were called.

"I had one neighbor of mine who called one night about the noise at Mission house, and so I said I'd go over and check on it," said Clarkson. "And I walked over, and sure enough it was loud, so I knock on the door to see what's going on. They were having a birthday party! They weren't drinking, they weren't being idiots, they were laughing, and the neighbor was calling, angry and upset because they were being loud."

"Now that's a little different

from sitting on the porch of Mission and throwing empty beer bottles into the street and smashing them, which has also happened. There's a big difference," said Clarkson. "Now if I were a neighbor, and I was awoken in the middle of the night, and I looked out and saw that it was drunken students throwing beer bottles into the road, I'd be pretty angry."

The College has also taken measures to try to reduce student conflict with neighbors. These measures include the Good Neighbor initiative, which reminds students living off-campus that they must be responsible in the community around them.

"We're also very proactive with that," said Leonard. "That was enacted last August, and each fall, we will send a correspondence to all the off-campus students, letting them know 'hey, you're now a member of the community, and it's important that you practice good citizenship.' They get a Good Neighbor flier in the mail, and it encourages them to be good neighbors: get to know them, be respectful, be responsible, and understanding that you're not in the traditional residence hall, being sensitive to that."

There's no shortage of the means in which Juniata College re-inforces that message to students.

"We have good neighbor brochures, magnets for the refrigerator, reminders about how to be a good neighbor, we have good neighbor t-shirts, good neighbor umbrellas. All kinds of things to remind students to be considerate of their neighbors," said Clarkson.

Maxwell Martin, a senior, expressed his support for the Good Neighbor initiative.

"I think it would really be a good thing for people to adopt and listen to the initiative," said Martin. "In my neck of the woods here, I'd like to see more good neighborly activity going on."

The school also employs civility patrols, where Public Safety officers patrol student residential areas during bar closing time.

"There are certain evenings at select times where we have an extra officer coverage who will patrol the local establishments, slash, off-campus houses, mainly to make sure that students get back safely but also to make sure that they're being responsible while doing so," said Leonard.

In sharp contrast to how angry neighbors may see students, off-campus students are surpris-

ingly conscientious about the noise they produce. Students also tend to get along with neighbors in their community.

"We ask the neighbors if we're too loud, periodically, and we've never had any complaints. We try to keep it normal around here," said Wilson. "It's usually just us, six people live here, but with just six people it can get kinda' loud, like when studying or telling jokes. We don't have parties. The noise is never excessive."

"They shouldn't have been able to hear us. We were a little nervous about it, so we checked and you basically couldn't hear the music until you were right outside our house," said a senior.

Paul Ejups, a junior living off-campus, weighed in with his opinion.

"We've stepped outside to check, but it's a low roar, not blaring music. I think it's a reasonable volume. If you keep the windows shut, like we do, you can hear noise, but it's not that loud or bothersome. But it is to neighbors, and we have to respect that. I don't think that we've been noisy since eleven o' clock."

Attempting to keep the peace, Martin explained what he has done to resolve tensions with his neighbor.

"I've talked to her, and she's told me that she has to get up at five in the morning, and can't sleep if there's ridiculous raging parties going on. So before we had a party last evening, I went to her house to find that she wasn't home, so I left a note on her door saying that we're going to have a party, and that if it gets too loud, please call me. I'm going to remain sober, so call me and give us a chance to shut the party down. Don't go right to the cops."

But although students try to keep their noise down, some neighbors point out that students can be noisier than they think they are.

"In a town like this, the sound waves – they can be sitting on their front porch talking semi-loudly, and it can sound like they're standing right beside you at bed talking. The sound just travels," said a neighbor who wished to remain anonymous. "And alcohol, of course, has a big effect on this, because after a few beers, students don't know what they're doing anymore, and they get noisy."

The worst thing, according to the neighbor, is that students don't always keep the doors shut while partying.

Man Market







BESSIE WEISMAN / JUNIATIAN

Members of the Men's Rugby team participate in the tradition of "Man Market" where members of the team are auctioned off. *Top*: International student Bjoern Harms. *Middle*: Freshman Gerardo Sanchez de Lozada Ossio. *Bottom*: Freshman Aaron Gutierrez.

"They tend to bring their parties outside of the house, and I wish they wouldn't do that. They open the front doors in good weather and party out on the front porch, going down to the other houses so they're traipsing back and forth, and the yelling around at night disturbs neighbors. If I had a request, it would be to keep the music and themselves in their house. I like a variety of music, but rap music turned up loud is not something everyone wants to hear," said the neighbor.

Other local residents are more understanding about student habits.

"We have no trouble with them whatsoever. There've been maybe one or two bad eggs, and we've lived here fifteen years! We hear them partying once in a while, not too often. College students do that kind of thing – I was young once. We live within 25, 30 feet of 16, 20 students, and we don't have any trouble with them."

All in all, the most important thing is for students to understand that they are members of a community.

"It's important just to be good citizens, and be respectful of the community that we live in, and be good neighbors, not only if you live in an off-campus building, if you're visiting an off-campus property," said Leonard. "There's a great deal of responsibility that comes with hosting any sort of social event."

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STOP AT MILLER'S DINER, WHERE THE FOOD IS "TRAIN-STOPPIN' GOOD"

International student Scott Raven discusses life on the other side of the pond

▶ from BRIT page 2

is late to class so Scott takes the time to lecture his classmates on American history. "I could probably teach American history at Juniata College," said Raven. "It's pretty simple. America was making huge progress up until about 1776. Since then, not much has happened and America pretty much has not done anything worth teaching."

1:03 p.m. Professor Nagengast shows up to class and everyone 'simmers down.'

At 1:44 p.m. Scott and Nagengast engage in a 'fierce' debate over US-European relations. The argument ends with Scott covering his ears and singing the British national anthem, while Nagengast loudly reminds him about how the United States had to step in and save Europe during World War II.

1:57 p.m. Before leaving class, Mackenzie Coulter-Kern, a junior, asks Scott to judge Power up Gambia's fundraiser "Dancing with the Staff."

2:08 p.m. Scott dedicates the next few hours to school work so that he enjoy the rest of his Friday



BESSIEWEISMAN / JUNIATIAN

Scott Raven is an international student from Buckinghamshire, England.

afternoon.

4:16 p.m. Despite his claims of immense amounts of work, Scott has spent the last two hours complaining about work rather than getting it done. "One thing I learned here at Juniata is that complaining is a major part of doing class work," said Raven. "I'm not sure why, but everyone seems to

do it so I figured it's one of those 'when in Rome' things."

At 4:20 p.m. Scott decides he can put off his work until Sunday evening and decides to Skype his family. "I like to Skype home and report in on how the colonies have been doing," said Raven. "I mostly just complain about the poor quality of chocolate, lack of working

washers and dryers, driving on the wrong side of the road, American accents, American politics, the price of Juniata meals, the limited hours for the library and American hipsters." According to Scott, American hipsters are the worst because they dress like Europeans. Therefore, he is constantly mistaken for one.

Scott signs off Skype at 7:02 p.m. and runs over to BAC room A100 to guest judge "Dancing with the Staff."

7:30-8:30 p.m. Scott decides not to go with the Simon Cowell approach to judging and, for the most part, only gives compliments to the contestants. "My favorite dance was professor Dunwoody's Gangnam style dancing," said Raven. "It brought a lot of culture to our already extremely culturally diverse town of Huntingdon."

8:45 p.m. Scott arrives at Standing Stone, where he orders large coffee and biscuit, otherwise known as a cookie, to reward himself for a successful day.

9:16 p.m. Scott begins his stroll back to campus.

By 10:15 p.m. Scott is just arriving back on campus because he constantly had to stop and say

hello to other Juniatians. "I truly do love the small town aspect of Juniata," said Raven. "We all see each other, we all know each other and it really is a friendly environment. If the bloody drinking age wasn't so high this would be a great place to live."

10:37 p.m. Deciding to see what all the ruckus is about, Scott walks by East. "I feel like every Friday night there is loud music coming out of a bunch of suites in East, but no one is ever there. Is that like a cultural thing to play loud music but not have parties on Friday nights, or is that just Juniata," questions Raven.

By 11:15 p.m. Scott is back in South lying in bed getting ready to fall asleep early so he can wake up early for the Juniata football game tomorrow. "I think it's weird that nobody shows up to the football games, I thought Americans loved football."

At 11:19 p.m. Scott falls asleep, but not before putting in ear-plugs to drown out the louds noises of South Hall late at night. Also, this prevents the disturbance of the lawn being mowed at 5:30 a.m., because everyone knows that is the most ideal time to cut grass.

Department in shambles after vacancy

▶ from ARCH page 3

charge of the Juniata homepage consists of John Wall, director of media relations, Leo Osborne, coordinator of e-communications and Pheasant.

Osborne recognizes that the Juniata Homepage is in need of change. There haven't been any major changes yet but Osborne has already taken actions to onset the needed alterations.

"From a standpoint of the design there really haven't been any changes for a long time made to it but those are all being addressed presently. I've been here two months, I'm a new hire so I was brought on specifically for that purpose, to add a little more structure and to make it more user friendly," said Osborne.

Wall comments on the expected change of the site. "I mean it is changing, it used to be very uniform.

All the colors were the same and everything and over the last two to three years including the campus life page and the page that talks about out-

comes is different and that will continue to be more graphically interesting as opposed to looking like a magazine," said Wall.

Senior Alex Pasque believes that every change takes some adjusting. "I guess it's always something to get used to. Everything sort of has a learning curve in technology and the page now is visually easier to find everything. I think they're both easier in that sense," said Pasque.

As the coordinator of e-communications, Osborne meets with different clients to assess how they would like their page of the Juniata site to be designed. However, he recognizes that there are many others who contribute to the web site, as well

"The website in general has many different owners from everybody who adds content to it from each individual department to the people who make the structure for it and to the people who give it the look and feel and then to the people who add the news stories on it so it's a many headed monster," said Osborne.

Pheasant provides support for the homepage by coding the site

while Osborne handles the design.

"I provide support basically. I'm more of a backend coder where Leo does a lot of the design," said Pheasant, "I generally will help out with JavaScript or jQuery, any of the languages that require a bit more coding. I also had this position a long time ago so I have a lot of knowledge of where things are on the website."

The web development team was incomplete in past causing the current issues with the homepage. Wall ensures that with the addition of Osborne, the team is complete and ready to work.

Wall said, "The web development team is complete now and we went through several job searches. Leo came in during the tail end of that and we hired him and he started two months ago. That position was essentially empty for almost a year."

For the past few years, these two websites have caused disagreement among the Juniata community. Perhaps with a complete team, current and upcoming changes, Juniata students and employees will find the sites more effective and efficient to use.

Expensive accomodations

▶ from NEW HOUSE page 1

no money to do that ... yet they have \$800,000 for a house for one person at the top. And so to me that's a real problem with our institutional values. We're saying that people at the top are worth more, are more important then these other issues."

Kepple, however, maintains that the campus is handicap accessible.

"The main floor of Good Hall is all accessible. It's got ramps to get into it and handicap facilities," said Kepple.

Dunwoody, whose office is on the fourth floor of Good Hall, does not agree that it is accessible to everybody.

"I had a student who was in a wheelchair, and I couldn't meet with that student in my office," said Dunwoody "We had to make arrangements to meet elsewhere. And that's not a horrible thing, but we should do what we can to make the campus as accessible as possible, and that should take priority over, in my opinion, a house for one person."

According to Yelnosky, having a President's house of this size is pretty typical to a college these days. With the search for a new Juniata president still going on, Yelnosky believes the house could serve as a factor in recruiting the best possible president for the college.

"If you were to do research on other colleges and universities and their president's homes, the home we used to own is really not comparable to our peers," said Yelnosky. "Off the top of my head I already know of thirteen searches that are going on at the same time we are. So the board thinks that this new home will be more attractive to a potential candidate."

Not all students at Juniata find the purchase particularly surprising.

"I don't think that's a lot of money, because the president is one of the most important figures of the college, and I think the house will be good for the college," said freshman David DeFreest.

McDowell sees the President's house as an extension of the campus and the duties of the president, and believes that a new house was necessary to fulfill these duties.

"I think that, all in all, it represents a good investment for the college, and one that everybody, including the new president, is going to benefit from," said McDowell.

Most of the students and faculty who disagree with the decision do not have a problem with the house that was chosen. However, a lot of them feel that the price of the house was too high, especially when there are other needs on campus.

"I agree with Juniata purchasing a new house, especially considering that the old one is breaking down," said sophomore Emily Wolf. "But personally I think that \$800,000 seems too expensive."

Yelnosky asks that students and faculty do not visit the house for the time being, because there is still a family living there. Plans for opening the house to the public will be announced at a later date, but it is expected that the new president will move in some time this summer.

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Boys in Bras

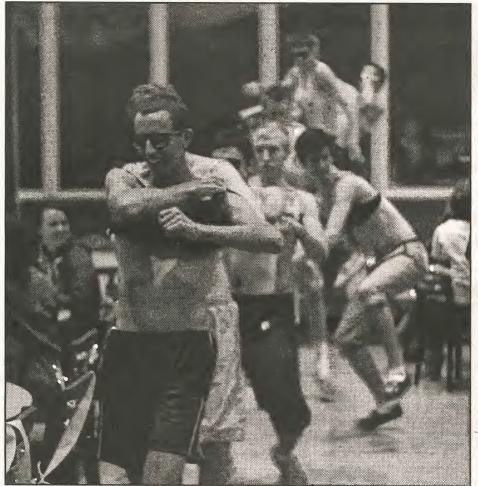


PHOTO COURTESY OF SUNGOUK PARK

As a part of Breast Cancer Awareness Week from Oct 31-Nov 3, male students participated in a Bra Fashion show on Thursday, Nov 1, at 6:00pm to raise awareness about breast cancer in men. Students decorated old bras and walked up and down a runway set up in Baker Refectory.

Thieves steal away sense of community

▶ from THEFT page 1

the bathroom and your stuff is sitting on your desk and someone is walking through the hall – for the thief, it's easy."

Leonard states that although Public Safety secures academic buildings, students still have opportunities to steal despite locked doors.

"When personal property is left in a lab or something, you can't assume that it's a secure place," said Leonard. "We go through and open academic buildings and administrative buildings according to their hours and at night, we secure the buildings. But other people have keys and sometimes late at night students might be doing research in a lab or something like that. It's not uncommon for us to lock a building down and later find someone has gone in to do research or something because they have access to it. So you can't assume that everything is locked up.

Both Musser and McGrath reported the thefts to Public Safety but the items have not been recovered.

"They can't really do anything," said McGrath. "They were nice about it, but there's really nothing they can do."

"It happened just before fall break," said Musser. "So obviously the person could move the stolen goods when they went home. I reported everything to JCPD, but basically they said there's nothing they can do."

Leonard said that getting Public Safety involved is important.

Safety involved is important.

"If something happens, call Public Safety and an officer will take a report," said Leonard. "We do an investigation, and sometimes we can find it, and sometimes not. I'll even check local Craigslist listings and see if someone's trying to sell what's been stolen. And for the record, we do have an idea. We don't have a wanted list or anything like that, but through our investigation we do have a very good idea of

who've stolen things.

Leonard said that the most common things stolen from students are bicycles.

"One hundred percent of bikes stolen on campus are ones that aren't locked up," said Leonard. "But we frequently recover stolen bikes. When bikes are stolen, we search for them. More than once we've found stolen bikes at a shop on Route 22. Not that the owner knew or anything, he just figured he was buying a bike from a college student who didn't need it anymore. It really helps if the bike is registered with public safety. If it is registered, say someone takes it on a ride to Sheetz on a Saturday night to get two chili dogs and they leave it there, Sheetz will call us and we come down and check if it's registered and get it back to the owner."

Some students feel as though Juniata is becoming a less trustworthy environment.

"I definitely feel not as safe," said McGrath. "I carry all my stuff everywhere now. I know the theft happened at night, but even during the day you see people you don't know walking around. Maybe it's just the type of people that are being admitted."

"Last year there were other computers stolen," said Musser. "It seems like it's targeted in more specific areas and places. It's like if you have your laptop out in the middle of the library it'll be okay, randomly, but if you have it in a somewhat secluded place, you'll lose it. Anyone can literally walk onto campus and go in the buildings. There's no security or surveillance at all. Sure we have a great environment on campus, but it's easy to exploit."

Senior Casey Katzenstein disagrees and feels that the campus is as safe as anywhere else.

"I feel like we're all one community," said Katzenstein. "Although some of us might not see eye to eye sometimes, we're still adults and we know how to act in society. It really depends on where you put your stuff. If they're valuables, they should stay close to you."

Leonard says that Juniata is as safe as it has ever been, but today things are easier to steal than they used to be.

"We are a very safe and secure campus," said Leonard. "Look at Baker. You can leave your coat and leave your bag and no one will take them, and I truly believe that. But your iPads and iPhones and laptops and stuff are small and very valuable, and there's an attraction. Before, people weren't stealing laptops because they were too big and bulky. But your iPhone now is worth three or four hundred bucks, and a person can put it in their pocket and it's gone. So as electronics get smaller and more valuable, they also become easier to steal,"

"I trust other students," said Katzenstein. "At least as much as they would trust me not to steal their stuff. In my experience here, everyone seems to be very trustworthy, and they basically expect you to treat them as you want to be treated. If you're just smart with your valuables and goods, then nothing will get stolen."

Leonard had a few suggestions to ensure that students' valuables are not stolen.

"Make sure you register your bikes with us," said Leonard. "And get a bike lock. You can even get a lock for your laptop to secure it to a table leg. I would encourage those people with Apple products to get the "Find My Phone" app, which can do things like locate the item and wipe it clean.

Microsoft even has a lot of customer support for stolen items, so if your Xbox or something is taken, we can actually contact Microsoft and they can help. Keep documentation of serial numbers and stuff like that, and keep your stuff secure. Don't create an opportunity."

Roving Reporter

What is the strangest rumor that you've ever heard about Juniata?

"Someone told me that a person died in the attic of Founders and their ghost still lingers there."

Anthony Glossner '14



"I heard that a cow was slaughtered in the attic of Good." Justin Wisniewski '14

"I heard that the meal plan down at the prison is better than Juniata's."

Hannah Hostak '15



so die ph

"It's rumored that someone accidentally died of autoerotic asphyxiation in Cloister."

Brian Gallagher '14

"Apparently, one year, someone stole an animal from the live nativity scene at the Stone Church and kept it in their room."

Alex Witter '14



"I heard that freshmen used to have to wear uniforms their first few weeks, and if they disobeyed, they would be informally tried in a court of upperclassmen."

Meg Illig '13

"I heard someone fell off of the top of one of the East towers."

Nick Stone-Weiss '15



PHOTOS BY BESSIEWEISMAN / JUNIATIAN

Obama retains the presidency

Politcal clubs rally students to vote, make voices heard

By ZACH LEMON

With 303 Electoral College points, Barack Obama remained the President of the United States on Tuesday, Nov. 6, 2012. Juniata College students who voted on Election Day experienced a wide range of emotion after hearing the result.

"I thought that there was a lack of feeling about this election day. I had maybe two conversations about it," said Hillary Smith, a senior with a Peace and Conflicts Studies POE. After election day, my friends were happy, but no one really cared that much. I don't really know if it would have made a difference who got elected. When I'm listening to professors, they don't really think that it would have made much difference who won the election."

Junior, Andy Blunk said he wasn't surprised by the outcome.

"I was pleased with the presidential outcome, not surprised at the least," said Blunk. "I feel like most of my friends are liberal and I think Juniata overall is, so I think it was kind of a poor representation of the country, but also skewed my thinking."

Although, not every student felt the need to participate on election day. Many students refrained from voting, either because it was inconvenient, or because they felt no concern over the results of the election. Still, the campaigning in general disappointed others.

One such student is senior James Dulaney. "I think it's good that Obama won, but I think in general it's just kind of sad the way Romney was trying to pit Americans against each other," said Dulaney. "The idea that goes back to Bush, pitting people in the cities against rural people, like the real Americans. They didn't mention it at all, but that seemed to be the underlying part of the campaign, that the conservatives and the Republicans are somehow in touch with some kind of American identity as opposed to Obama, who presents like elitist ideas. But, I feel that both of them ran on a campaign of lies and not actually talking about real issues like poverty or climate change,"

Although Dulaney was pleased with the Obama's victory, he displayed frustration with the tone of debate in the country.

"They could run a campaign

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Top: The JC Democrats set up an event titled JuniataVotes! For President Obama in Good Hall Lounge on Election Day. There were free cookies and information on the various candidates Bottom: Outside of the Stone Church, there were various signs for the many candidates up for election.

based on policies and ideas, instead of on personal attacks, like what Romney's tax returns are," said Dulaney. "Personal attacks are an underestimation of voters' intelligence. Stuff about Romney's horses, that seems to be beside the point, because the candidates are rich people. That's how they can afford to get up there."

Junior, Robert Dellamotta, found the election as holding more tension. He attributes this to the drama of the first presidential debate.

"In a way, I'd kind of like to think that he planned it; that he planned the poor performance, so Obama supporters wouldn't think it was just another easy race and they could stay in and wouldn't have to vote, or that they wouldn't have to be active," said Dellamotta.

Sophomore and registered Republican, Nathanial Wright was not shocked by Obama's victory.

"I wasn't surprised, but I was a little disappointed," said Wright. "But, you know, he won fair and square. We should just kind of fix America, I don't care about your party, or really who you voted

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for. He won, so we should give him respect and we should get stuff done."

While many students were not caught up in the election, they do hope for a change in American politics in the future.

"What I'd like to see is what I think a lot of people would like to see; less polarization, more of government trying to work together instead of being at odds with each other or trying to be against change of any sort," said Dulaney.

Students cited specific cases that need to be improved.

"I think health care; there's still probably work to be done on that," said Smith.

Dellamotta spoke a lot about changing the status quo of the twoparty political system.

"I would like to encourage better candidates in a third party, and for them to be a viable option," said Dellamotta.

Until that happens, America will continue to use the current system to decide the President of the United States; the same system that provided Obama with his 2012 victory.

26 Choices

\$17.99

Tacos and Tie Dye -





MICHELLE T. MEROLA / JUNIATIAN

Top: Junior Natasha Sethi and Junior Taylor Cox enjoy some tacos and conversation at First Peoples Club's event entitled Tacos and Tie Dye. The event was a fundraiser for the Red Cloud School on Pine Ridge Reservation. Bottom: Junior Alex Witter helps with the cooking at First Peoples Club's fundraising event Tacos and Tie Dye.

Fortune's business dream

▶ from SWEETHEARTS page 3

"The community has been very supportive in us opening our doors. The customers continuously wish us well and congratulate us on starting the business," said Fortune. "We have a large number of returning customers weekly. Juniata students are an important part of our customer base. They are very frequent shoppers week-

A cupcake and sweet shop is a popular idea amongst students. Freshman Emily Nye has yet to visit the shop, but it is definitely

on her list of places to go.
"Yes, I would go. It sounds inviting and it looks really nice as well. I have heard good things about it and am looking forward to trying one of their cupcakes at some point," said Nye.

BUFFALO CHICKEN & WHITE

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Due to the success that the shop has already seen, Fortune has begun orders for pies, pumpkin rolls, cookie trays and caramel apples for the upcoming holidays.

'When I started to plan the shop it was to be a cupcake shop only, but the requests for other baked goods has been so huge that I decided we would do what was being requested of us, bake other sweets," said Fortune.

Fortune hopes that in the future, she will be able to continue to expand and grow Sweethearts Confectionery. She wants to add more baked goods and increase the amount of cupcakes baked daily.

"The new candy might actually do more damage to the Clifton 5. The movie theater candy prices are high so the new store might benefit from its convenient location next to the movie theater," said sophomore Feleen Nancarvis.

A website will also be in the future, where it will be possible to buy products online.

"We are also going to be working on a website where we can offer shipping of our products. I'll be adding in new companies and some new products. I'd like to start doing more gift baskets," said Fortune.

Staying true to her love of a small town atmosphere, Fortune buys from vendors that are local and have similar values to hers.

"If someone were to approach us with a product that they made as a local small business I'd like to consider them for in the shop," said Fortune.

"I want to always be versatile to what the customer wants while never losing sight of the made from scratch beginnings that



Tues.-Thurs. 10:30 a.m. to 9 p.m.; Fri. & Sat. 10:30 a.m. to 10 p.m.; Sun. noon to 8 p.m.; Closed Mon.

Voices remain unheard as Juniata students fail to participate in elections

EDITORIAL

November 6, 2012 marked the first presidential election in which many of us were able to vote. A lot of us missed voting in the 2008 election by a month or so and now we finally had a voice in picking the next President of the United States. Filling out our first ballots could be one of the more fulfilling and exciting things we've ever

However, as Election Day drew near it became apparent many JC students were nowhere near as enthusiastic expected. Some were not registered, others claimed their vote did not matter, others wrote in their own name for President of the United States and some did not vote purely out of laziness. How could this be? For the first, or in some cases second, time in our young lives our voices could be heard in the political world, a chance for us to make a difference.

Our generation is becoming increasingly busy. More of us go to college, play sports and work or volunteer than ever before. While we are doing all of this, around 130,000,000 people turned out to vote on Nov. 6, and we feel quite insignificant when compared to that number. Why should we take time out of our busy schedule to vote when we do not matter? Furthermore, we are told that in order to cast a meaningful vote we must fully understand each candidates economic tax plans, foreign policies and views on civil rights. While we have midterms and papers to write, how are we supposed to take the time to make an informed decision about who we think should run our country?

This fact can make us feel uninformed or ignorant. We either don't have the time to search for truth among the vast claims made by politicians or we don't want to put fourth mental work in order to find where we stand on the issues. We don't do the research so we don't know who to vote for.

This year marks the end of an era at Juniata. Tom Kepple will be retiring, and we will have to begin our lives here at JC without him. It will be a strange transition since he has been president since 1998. However, we are currently in the process of bringing in someone new to fill the vast hole that Kepple will leave.

The committee charged with the task of finding a new president includes several faculty members and only one student. Department heads selected have also 30 students to have a sit down with each of the finals four candidates when they are on campus. This allows for a few more students to get to know each candidate on a more personal level.

Still the bulk of the student body is left uninformed and out of touch with the possible future head of our college. Doesn't the group of people that make up the majority of

the college deserve a larger opinion when it comes to this decision?

The fact of the matter is, we do. For every candidate that comes to campus there is a large discussion held where anyone from the college, faculty or student, as well as members of the Huntingdon community can attend and ask questions of the possible future president of JC.

A crowd of 300 people were present at the discussions, however, only 15 to 20 students voluntarily attend, and only one or two of those students asked a question. The administration is giving us a chance to meet, ask questions, and then form our own opinions of each candidate, but just like the presidential election we decide that we just don't have the time or personal drive to attend the discussions.

It is hard to think that at a state school they would hold an open forum where the student body could ask questions to new presidential candidates. Juniata has a strong sense of community, where we are all valued as individual. The professors and administration want know how we as students feel about everything that goes on. However, when it comes to one of the more important events at JC in the past 14 years, we let our voices fall silent.

JC students need to be more proactive about informing themselves and making our opinions known in an environment where such an action is possible.

Our lives are going to become increasingly hectic and we are going to have tough decisions to make. However, it would not be responsible to brush these decisions aside because we are too busy or feel like facebooking all day.

We are blessed having been born into a world where we have the ability to choose who governs our country or in our case our college. Take time to inform yourself of the world around you. You have a voice, be proud of it. Embrace it. Love it. Use it.

Varying rates of unemployment

OPINION

By Dylan Stroman

One of the many determining factors involved with election-related choices is the rate of unemployment. The current rate of unemployment in the United States is just under 8 percent. This numerical value identifies the total percentage of individuals that are not a part of the labor force.

The intentions behind calculating a single rate of employment are clear, as unemployment is indisputably a very serious economic concern. The overall unemployment rate can be a very useful tool in determining the depth of a recession. However, the underlying issue with computing a single, nation-wide unemployment rate is that there are varying types of unemployment; long-term or short-term; cyclical, structural, or frictional.

While measuring the aggregate rate of unemployment is easier to gauge and work with than five separate rates, each of these classifications call for their own starkly disparate implications. By considering only the average rate of unemployment in one's assessment of the economy, it is surpassingly probable for one to overlook crucial elements denoted by the specific types of unemployment that are lost in translation.

The duration of unemployment is pivotal in determining the overall size of the footprint left behind on the economy. In general, short-term unemployment is considered less of a burden, as it is obviously more manageable to be unemployed for a shorter period of time. The more serious impact on the economy results from long-term unemployment

long-term unemployment.

For example, consider the economies of two unrelated countries, (A) and (B). Both have an unemployment rate of 10 percent. Where the two countries differ is that (A)'s unemployment is primarily short-term, whereas (B) is faced with mostly long-term unemployment.

Without taking the details of

duration into consideration, many would conclude that unemployment is a larger issue for both of these countries than it is for the U.S. However, if 95 percent of (A)'s unemployment is shortterm, it is likely that unemployment would actually be less of a burden than it would in the U.S., despite the slightly higher rate of unemployment. On the other hand, if long-term unemployment accounts for a whopping 80 percent of the total unemployment rate of (B), this country would be grappling with a decidedly more rigorous issue than (A).

Another exigent factor involved in computing unemployment is that not all groups are affected by it in the same way. To put this in perspective visually, Provost Laksuggested a website called EconoMagic. Using U.S. Labor Force Data, this website allows users to look at unemployment rates based on individual groups, specifically by gender, race, age, education level and job category. It also presents charts measuring the median amount of time unemployed, thereby exemplifying the sharp distinctions between the levels of short-term and long-term employment.

From the "Gender" unemployment chart, one can observe that males tended to be affected more severely by the most recent recession in 2008. Similarly, the "Race" chart illustrates the marked differences in unemployment rates between blacks and whites, with blacks at a rate close to twice that of whites. Also, the "Education" chart unsurprisingly illustrates the distinctly higher rate carried by the less educated.

At the social cost of lost output, unemployment is crucial enough to justify the great deal of effort put into these calculations. While each measure of unemployment can be useful in its own way, there is truly no "one size fits all" policy for addressing the level of unemployment. The single "unemployment rate" cited by many politicians can be decidedly misleading, acting as a significant contribution to the sweeping generalizations made by the misinformed.

Ask the Administration

In the wake of Hurricane Sandy, what efforts are being made on behalf of the students at Juniata to offer relief?

One student, Emily King, has approached the administration about relief efforts in the state of New Jersey. We met with her (including other offices — Diversity & Inclusion, Campus Ministries, Community Service, etc.) earlier this week and discussed the various options available. We came to the following:

· Collect items that are needed in the New Jersey area (Emily was the only student that has come forward thus far with an expressed concern of need)

· Have a campus community meeting – which we were able to schedule for this evening (7:30 pm in Neff) to see if there were other needs that need to be met.

· Collect items for New York and Maryland based off of what is needed (researching organizations and what they need)

Possible spring break trip to help rebuild — we are not there yet as the storm is only a week old but may have a better idea of what is available in the coming months.

-Jessica Jackson, Director of Student Activities

CORRECTIONS

In the November 1, 2012 issue of "The Juniatian" the Candlelight Vigil photo was incorrectly captioned. The event was not for Penn State University as printed. It was for suicide awareness with a focus on LGBTQ teenagers and adults who have taken their lives for not feeling accepted. AWoL sponsored the event.

"The Juniatian" makes every effort to avoid errors in its articles. However, some mistakes will inevitably occur. "The Juniatian" will print a retraction for any printed, factual item proven to be incorrect. Readers who believe they have spotted an incorrect fact should e-mail juniatian@juniata.edu with "correction" in the subject line.

"The Juniatian" regrets the error.

Artist's Political Perspective



Cartoon by Jacqueline Barnett

The Juniatian

Established in 1924 as a continuation of *The Echo*, 1891

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Dylan Stroman
WEB AND TECH. EDITOR

Bessie Weisman
PHOTO EDITOR

Dr. William M. Dickey
FACULTY ADVISOR

PRODUCED BY

The Writing Practicum

667 Juniata College Huntingdon, PA 16652 (814) 641-3379 juniatian@juniata.edu

Shakespeare, musicals, physically based ensembles Theater professors Kate Clarke, Neal Utterback oversee choices for productions

By Tommy Imbrogno

The Juniata theatre performs four plays each year. The process that decides which plays will be performed is based on the ideas of the two assistant professors of the theatre arts, Kate Clarke and Neal Utterback.

Clarke started coming to Juniata in 2007 but has been here full time since 2008, while this is Utterback's first year. "We talk about some of the ideas that we want to direct but also look at what the students need at this point, if we haven't done a Shakespeare play for a little while, usually we will be like, 'Ok its about time for a Shakespeare play so that everyone gets a chance to experience that," said Clarke.

There are four plays offered each year at Juniata. Utterback said, "Two are scripted and two are devised off of new work. The latter are usually very physically based ensemble pieces that we bring in outside artists to help create and the two scripted pieces that Kate and I direct come from an ongoing discussion based on a number of things, from playwrights, genres and types that we feel the students need to encounter in an undergraduate liberal arts education."

The theatre produces a variety of plays each year. Clarke said,



PHOTO BY DYLAN MILLER

The class starts off using writing techniques to free the student's improvisational skills. This portion of the class is held in the movement studio on the bottom level of the theater.

"We try to do many different kinds of plays but there are certain playwrights that we want people to immerse themselves in, sort of classic playwrights. For example, this year we are doing Macbeth. Next year we will do a musical. We do a musical once every three years."

Freshman Jamison Monella is a theater POE and was recently in

the Juniata production of 'Macbeth.' "I am incredibly happy with the way that Juniata chooses their productions. The plays are really great and fitting for the Juniata style. One thing that I am not so keen on is the fact that we do musicals every three years, I think we should do musicals all the time but that is just my personal opinion and I am amazed

with how well 'Macbeth' went. All of the cast members worked really hard and it really paid off," said Monella.

Outside companies from major cities are also brought into the Juniata theatre productions. Utterback said, "Kate and I have a very similar aesthetic for training methodology and ideology, which is great. We form

a sort of family core but then we bring in all these outside artists from around the country who are from a variety of disciplines from mime to dance to trapeze to stage combat, everything. Students will engage in this variety and sometimes find conflicting voices, which is very important. Conflicting not in like argumentative but like one person says orange and another says apple, you have to reconcile between apple and orange and figure out your own fruit."

Clarke said, "We let Juniata be sort of a hot-house for new work to happen. Right now that's happening with the play 'Stop Me Because I Can't Stop Myself.' There is a theatre company in Atlanta, Georgia called Out of Hand and they make new work all the time and so this is almost like a laboratory or an incubator for them to develop their piece."

Freshman Bryanna Kifolo is also a theater POE and will be a part of the upcoming piece "Stop Me Because I Can't Stop Myself." Kifolo said, "I thought 'Macbeth' was really cool and it gave the audience a whole new way to look at the show but with 'Stop Me Because I Can't Stop Myself' it is really great because the cast

▶ see THEATRE page 10

Common fitness fallacies can hide results Why women can lift weights and salads aren't always super



Before doing personal research, most individuals have had misconceptions about the relationship between fitness and food, and weight loss and healthy living. And now that I am starting to fully understand the true concepts of health and fitness, I feel it would be beneficial for others to be conscious of what has been brought to my attention. I have found that there are many "myths" about fitness and our diets. After learning the truth and reality behind the following concepts, I have found cess in maintaining a healthy lifestyle and effective ways to lose or maintain weight.

Myth: "Lifting weights will make me bulk up'

Reality: Although this phrase might seem to be more targeted toward the female population, it is important for men to understand this concept as well. Did you know that lifting is actually an activity that will enhance weight loss? Weight training is beneficial for anyone to aid in weight loss, maintain lean muscle mass, and keep your metabolism up.

If you are attempting to lose weight and you choose not to lift weights, your body will begin to lose both fat AND muscle when the pounds start to drop.

When your body starts to lose muscle, your metabolism slows down, which will make further weight loss difficult.

If you incorporate weight training into your routine (3 days per week), it is possible to maintain or increase the existing muscle mass which will keep your metabolism elevated -AKA, your body will stay in maximum fat-burning mode!

For the most part, women want to keep a feminine physique: in the past, I too had had the misconception that if I would lift heavy weights, I would end up with muscular arms. The common theme, then, is that they focus more on cardio and other various activities and steer clear of the dumb bells, kettle bells, and any equipment that is over five lbs. when visiting the gym. False. Aerobic exercise, otherwise known as cardio, or any activity that increases your heart rate is not the only way to reduce fat around the body. While cardio does help to burn calories, strength training will help to reduce body fat, boost lean muscle mass, and burn calories more efficiently.

Now, you're probably wondering as a female, why is it that you won't end up big and bulky? Here is a quick and simple explanation as to why females shouldn't fear the weights. The male and female bodies differ hormonally, and key difference is the testosterone level. Naturally, men are leaner and carry more muscle mass than females. So the reason is due to the levels of testosterone with their system.

So ladies, don't be afraid to pick up a weight over 5 pounds. And guys, don't just limit yourself to weights. With a well rounded fitness life of cardio, resistance training, and fine toning, results will surely follow.

Myth: "If I exercise, I can eat whatever I want to."

Reality: Here is the scenario: you just ran for 30 minutes on the treadmill and are feeling accomplished and energized. After your workout, you join your group of friends in Baker for dinner. You think to yourself, "I just burned all of those calories from running; I can eat whatever I want now!" True and false.

At first you think that maintaining or losing some weight is simple. Eat less, move more, right? But it's a little more intricate than that. My favorite trick here is to remember is the 70-20-10 rule. This means that your body type is determined by 70% diet (nutrition), 20% exercise, and 10% genetics. You could work out every single day for an hour, but if you still opt for the unhealthier foods in Baker, results will be unseen. It is important to remember the 70-20-10 rule and that these factors work together, and you can never place all blame on just genetics.

Keep in mind that in order to achieve your full potential, you need to use more calories than you take in. What you put into your body means the most! Think of this as a lifestyle change, not just a

▶ see MYTHS page 11

A walk on the single side Benefits of ridin' solo: more time, money



It is a beautiful fall day at Juniata. The sun is shining, the weather is neither too warm nor too cold, and your last class just got canceled. You decide to walk to Jitters to grab a smoothie and sit outside to relax and enjoy the day.

As you are getting comfortable and begin to drift into your own personal world, you hear giggling and smooching noises. You look around and you see them: gazing into each other eyes, the couple is spending this grand fall day together. You look and you think for a second, "Aww, that's cute!"

You go back to drifting to your own thoughts and then you see another couple, holding hands and walking down the center path of the quad. You smile as they walk past and then, as quickly as the weather changes in Pennsylvania, you notice around you that there are couples all around.

As you slurp down the rest of your smoothie, you start to feel loneliness set in. It seems that everyone around you is in a relationship. All you wanted to do today was spend a couple of hours procrastinating before starting your homework, not in a deep analysis of your relationship status.

For the majority of people, we would enjoy sharing our time with a companion. It would be great to spend a day at Standing Stone having deep conversations about life or cuddling and watching a funny movie in a dorm room. However, for various reasons, many people that want a relationship have difficulty finding one.

The common belief is that Juniata's dating scene is lacking. This may be true for some people, but others seem to be doing just fine. While on a quest to find that special mate, stop for a second and ask yourself this question: Is being single bad?

There is somewhat of a push for people to find a boyfriend or girlfriend. You see your friends in relationships and you hope that you could find a partner as well. Yet, being single allows for you to reflect on what you truly want out of a relationship.

Singleness gives you the opportunity to observe other relationships and provide perspective on your attractions. The single life is not to be frowned upon. Rather, you should look at being single as a time for personal growth and awareness for yourself.

I do not think people should view singleness as bad.

It comes with many benefits.

For instance, time. As college students, time is an aspect that we try to balance, some of us better than others. When you are in a relationship, time for yourself is reduced. You are spending time building a connection with another individual. The time that you spend dwelling on a previous relationship or complaining

▶ see SINGLE page 11

Truths about cancer may be hard to swallow Studies show hot drinks, alcohol may have a role in causing esophageal disease



It was an early Sunday morning; I was in the bathroom brushing my teeth and suddenly I heard an abrupt knocking coming from somewhere in my hallway. With my toothbrush still in my mouth, I went outside to check the situation out.

"Oh no, not again," I thought to myself when I saw the same freshman who I had walked to his bed after too much of a fun night less than a month ago. Only at Juniata do you find someone who is still drunk at 8 a.m. knocking on his RA's door just to joke around. Fortunately, or perhaps unfortunately, that was not the case.

Have you ever heard of "the bomb"? If not, believe me you are certainly not missing out. It is this "brilliant" idea of placing toilet bowl cleaner and a piece of aluminum foil inside a 2L plastic bottle to create a bomb. Please do not try this at home. After finding out that his roommate never heard of "the bomb," a Juniata physics major decided to recreate one. He filled a 2L soda bottle with toilet bowl cleaner in front of his roommate, but they both decided to wait until the next day to try the experiment so that they could share the excitement with their friends.

The next morning, my freshman

resident woke up, saw the 2L soda bottle, and chugged it. After realizing that Pepsi does not taste like that, he ran to my room and now you know the rest of the story.

Thankfully, my resident returned to Juniata a couple of days later saying that he had to get his stomach pumped but was totally fine. Now he is a sophomore with a POE in physics.

However, "fine" only established his situation at the time; what you and my resident might not know is that his chances of developing esophageal cancer after that incident increased a thousand fold.

Esophageal cancer is a cancerous turnour of the esophagus, the thin tube that moves food from the mouth down into the stomach. There are two types of esophageal cancer, the squamous cell carcinoma and the adenocarcinoma. The five-year relative survival rate of patients with the localized stage of esophageal cancer is 37 percent, and 17 percent for stage II (when the cancer has progressed to lymph nodes around the esophagus) as recorded by the American Cancer Society in their 2012 esophageal cancer report. The same document reported 17,460 new cases of esophageal cancer and 15,070 deaths due to esophageal cancer in 2012.

Squamous cell carcinoma (SSC) begins in flat cells lining the esophagus. This specific type of esophageal cancer has been linked to smoking and alcohol consumption. Research on these causes by

Freedman et. al shows that smokers have a nine-fold increased risk of developing SCC of the esophagus. Heavy drinkers have a five-fold increased risk. Combining both alcohol and smoking gave a twenty-fold increased risk of developing SCC esophageal cancer.

These numbers led the American Cancer Society to suggest that if alcohol is consumed, men should have no more than two drinks per day, and women should have no more than one - a drink is defined as 12 ounces of regular beer, five ounces of wine, or 1.5 ounces of 80-proof liquor.

Adenocarcinoma, on the other hand, begins in cells that make and release mucus and other fluids. Gastroesophageal reflux disease (GERD) has been estimated to affect up to 20% of the American population. A GERD complication can lead to Barrett esophagus, which increases the risk for adenocarcinoma of the esophagus. Obesity, smoking, and male gender also increase the chances of adenocarcinoma.

Now, which one would you think is more prevalent in the United States? The one directly linked to alcohol and smoking or the one linked to smoking and obesity? Adenocarcinoma, the one linked to obesity and smoking, is the most common form of esophageal cancer in the United States. Surprised? The most prevalent worldwide, on the other hand, is the squamous cell carcinoma.

Obesity, alcohol consumption, smoking, and sex are not the only

things that have been directly linked to an increased chance of developing esophageal cancer. Tea also has its role in causing esophageal cancer. Why? I'll give you a hint.

Even though I am from Brazil (the world's largest coffee producer), I hate coffee. I hate the smell, the taste, and the smell of your breath right after you drink it. But one day when it was 9 a.m. and I had almost slept through my 8 a.m. class, and was extremely exhausted, I knew I had to make an exception. So I increased my pace to one step every minute (it felt more like I was sprinting) to reach Jitters five minutes before my Physics class. I gulped the steaming coffee and 'sprinted" to class. My mouth and throat burned and hurt for the rest of the day.

Yes, the connection between tea and squamous cell carcinoma of the esophagus has everything to do with tea being a hot drink. The study "Tea drinking habits and oesophageal cancer in a high-risk area in northern Iran: population based case-control study" by Islami et. al showed how esophageal cancer was eight times as common among people who drank "very hot" tea (158 degrees Fahrenheit or higher) compared to warm or lukewarm tea drinkers. The idea is that the steaming hot drinks, when in contact with the squamous cells, injures them paving the way to esophageal cancer.

The above is just one example of various studies done worldwide that have linked hot drinks to an increased risk of esophageal cancer. It is not a leap than to see how gulping steaming coffee may also lead to esophageal cancer. Take the advice of WebMD editor David Whiteman, PhD and wait at least four minutes before drinking a cup of freshly boiled tea, or more generally allowing foods and beverages to cool from 'scalding' to 'tolerable' before swallowing.

"That is a long list of things to avoid and old habits to change, but I'll try my best since it does mean one less cancer to worry about."

Perfect, you are in the right track! One more thing. An increasingly amount of studies have shown that the risk of developing cancer of the esophagus is reduced in those who regularly take aspirin or other non-steroidal anti-inflammatory drugs (NSAID), such as ibuprofen. NSAID have also been linked to the reduction of the expression of COX-2, an enzyme involved in growth of cancers. Those drugs however, when taken over a long period of time can cause kidney damage and stomach problems. Therefore, talk to you primary physician before taking any overthe-counter medication.

Even though most of us students cannot relate to the scenario in the beginning of this article (the toilet bowl cleaner soda drinker), we can all name at least one of our Juniata schoolmates that sooner or later will develop squamous cell carcinoma (the one linked to alcohol and tobacco). Just make sure, though, that you are not one of them.

Environmental hardships reveal strength of human nature Contrasts may help observers rearrange priorities, appreciate the small things in life



Catastrophic hurricane in New York? Nah, that'll never happen.

Atlantic City boardwalk reduced to rubble? What are the chances of that?

Countless people out of power for days and days? Not likely.

...Oh wait.

Hurricane Sandy. A damaging storm that hit in a place many did not expect. And an assertion by nature, God, or whoever is in charge that he, she or it is, in fact,

still in charge.

In the aftermath of Sandy, many people are facing hardships. We are reminded of how, despite all of our incredible engineering and technology, we humans are still helpless in the grand scheme of this world.

But events like this can remind us of something else as well: in the aftermath of the hurricane, many people are coming from all over to help those in need as they start to put things back together. And while stories of looters and crime may go around, more encouraging and more common are the stories of average people doing what they can to help. Facebook is abuzz with conversation about student groups headed to New York and New Jersey to provide aid, gratitude from people

who are regaining power, and people counting their blessings as they consider how much worse it could have been.

Natural disasters have a not-sosubtle way of reminding us of the important things in life, realigning our priorities, and creating a new respect for the environment in which we live. But there are many things in nature that can remind us every day of all the things we have to be thankful for in our lives, if we only take time to see them. And a little bit of perspective can turn an inconvenience or a discomfort into appreciation for all that nature provides for us.

With winter growing closer, some people complain about the cold. But what I see is the chance to embrace the comfort of my favorite sweatshirt, a warm fleece hat, and a cup of hot chocolate when I come inside. I look at the cotton clothes I'm wearing and the wooden structures of the building where I shelter from the cold, and I am reminded that while nature presents us with challenges, it gives us all we need to face them as well.

Often when I spend time in the woods hunting in the fall, I am reminded of all that nature provides not just for humanity but for all of its inhabitants. A walk through a hemlock grove in a quiet winter's snow brings a smile to my face as I see the chickadees and tufted titmice flitting about, taking shelter from the weather in the green boughs' embrace. A windy day in the woods often finds me in

the bedroom of a white-tailed deer as I walk along a leeward hillside, seeking the same shelter from the wind that they know and rely upon. And a rainy day in the woods makes me feel just a bit foolish as I roam the woods mostly alone, among the few creatures not hidden in a burrow, thicket or tree cavity from the wet and cold.

The changing seasons serve as another reminder of all the good gifts nature has to offer. Cold, bleak winter days bring a longing and a love for the first warm day of spring. Rainy April afternoons remind me how much I cherish a warm, sunny summer's day. The sweltering heat of August reminds me just how good a cool autumn breeze will el on the side of my face. the bleak landscape left behind as the last leaves fall brings a yearning for the beauty and serenity of the winter's first snow.

Nature can bring challenges and hardship, but what we do with these challenges is up to us.

We can allow nature's challenges to overwhelm us, bringing hopelessness to an already bleak situation. Or we can remember that nature has provided us with all we need to overcome its challenges and step up to the task, emboldened by those who have had the courage to face similar challenges in time gone by.

We can let the cold weather chill us to the bone and keep us inside, or we can bundle up in the comfort of our favorite winter coat and brave the elements, looking forward to the warmth of a warm drink or the glow of a fireplace when we come back inside.

We can complain about the rain, wishing it weren't so damp and dreary, or we can curl up with a book or maybe a loved one and think of the life it brings to

the flowers of the fields, the trees of the forests, and the crops we all depend on to survive.

The challenges we meet in

The challenges we meet in nature are just a part of all the challenges we meet in life. We can let them bring us down, or we can let them make us stronger as we appreciate all we are blessed with despite hardship.

We wouldn't know joy without hardship. We wouldn't know comfort and security without pain and fear. And without cold, dark nights we wouldn't know the value of the warmth and light the sun brings to us each morning.

Nature, and life, can be tough. But the challenges they present us only make the good things in our life even better. And each challenge we face makes us a little stronger as we move forward to another day in the world we are lucky enough to enjoy, for as long as we walk upon it.



Social networking, smartphones new objects of worship? "American Gods" author sparks interest with battle of wills between media and mythology

Critical Reading

The Associated P LYNN
Shylaboo BACHMAN

Do you know the feeling of reading something and just wanting to read everything else that person wrote because it was so amazing? Until this summer, I was only vaguely familiar with the works of renowned fantasy and science fiction author Neil Gaiman. Thankfully, finding the book I'm going to be talking about in the library this summer cured me of that. If you love fantasy, mythology, masterful use of language, and depictions of American life, his book "American Gods" will be right up your alley.

Our protagonist is a man known only as Shadow, who has just been released from three years of prison only to be told that both his beloved wife and his best friend are dead. That's bad. Then he finds out that they both died in the same car accident, while the wife was cheating on him with the best friend. That's really bad. And when the mysterious con man "Mr. Wednesday" starts pursuing him with offers of a job, anyone with any knowledge

of Norse mythology should know that his life is just going to get worse. Oh yeah, and he gets into a fistfight with a leprechaun at a bar. Also he accidentally turns his wife into a zombie.

You see, when people from all over the world immigrated to America, their gods went with them. And as people stopped believing in each of these gods, their powers dwindled, and they were replaced by the new American Gods-Media, the Internet, transportation, and everything else in modern American life that has become an object of worship. Now Shadow must travel across America to gather the old gods together and wage a final battle against the new gods, while learning some startling truths about his own identity as well.

As a fantasy writer, Neil Gaiman excels at "down the rabbit hole" types of stories, where an ordinary protagonist finds himself thrown into an extraordinary situation and must go through a difficult and confusing period of adjustment. No explanations are given for the things that happen—they just happen, and the reader has to figure them out for themselves.

Some basic knowledge of mythology might be helpful for reading "American Gods," or at least an idea of how myths work in general. Gaiman writes the old gods as very heavily influenced by their original stories. These are not Thor and Loki from "The Avengers" or friendly pot-of-gold leprechauns that you're going to be reading about. Nor are they the Greco-Roman and Norse gods that are mostly seen in mythology-based stories. These gods have come from all over the world, and before I read this book I was unaware that many of them existed.

Along with the gods come all sorts of spirits, fairies, demons and other such things from all different cultures, and again, knowing even a little bit about them beforehand might be helpful. As I said before, this is a very good book for mythology fans. Oh, and don't worry—if you're expecting this to turn into a "new media are evil" story about how TV and the Internet are corrupting society and stuff like that, it's not. If there's one thing "American Gods" is not, it's simplistic.

Occasionally, there is an immigration story inserted into the narrative, which serves less to add to the main plot but more so to bring across what just happens to both people and gods when they travel to America. I'm amazed at how Gaiman, an immigrant himself, manages to fully understand the

country he has come to and depict it so accurately...

Ever been on a cross-states road trip?

You'll know what it's like once you read this book.

A small-town diner, or a bizarre Midwest tourist attraction?
You'll know that Gaiman knows

You'll know that Gaiman knows them inside and out.

I looked at his website and he's listed all the books he used for research on mythology and America. There are many, and obviously a great deal of time and thought was put into his research. Stylistically, this is also the most "American" of his books—the only place it could have been set in is America.

I suppose I should talk about the writing itself. Anyone who's read a Neil Gaiman novel knows that his greatest talent in writing is use of language to depict mood. "American Gods" can go from darkly funny, to actually funny, to skin-crawlingly terrifying in a few pages with just the right choice of well-placed words. I would advise you to not read some of these scenes late at night. He describes exactly what is needed to be described, and knows exactly when to explain something and when not to.

This book is a page-turner, which is no mean feat, since the copy I borrowed had about 500 pages and looked a little daunting

at first. You'll want to know more about this world, what happened to the gods, how the final battle turns out, and, ultimately, the fate of Shadow. Shadow is portrayed as a man with good moral character who's made some bad choices but really wants to do what's best for people, and I was really rooting for him by the end.

If you're the type of person who refuses to read a book without critics' feedback, then I should tell you that "American Gods" has won multiple literary awards, including a Hugo Award and a Nebula Award for Best SF/Fantasy Novel. Gaiman is also responsible for the award-winning "The Sandman" graphic novel series, the fantasy novels "Neverwhere," "Stardust" and "Coraline" (of which the latter two were made into movies), plus another novel set in the "American Gods" universe called "Anansi Boys," which happens to be available in Beeghly Library right now.

I would normally sign off here with something witty as usual, but I'm afraid nothing comes to mind right now. Seriously, this is a great book, I encourage everyone to at least try it out, and if you like it check out more of Gaiman's work. He's one of my favorite fantasy authors and an inspiration for my own writing. Get to reading, everyone!

No relationship status may be the best one

▶ from SINGLE page 9

to people about how there are not enough good men or women at Juniata could be used in more constructive ways.

You can finally finish that book that you have been meaning to read, but never do. You do not have to worry about where you will hang out for the weekend or who will sleep in the room. You have more space, literally. You can have more hobbies in your personal life and focus on doing activities that you really want to do. Use this time to ready yourself so you can be prepared for when someone approaches you and asks, "What are you doing on Friday night?"

Also, do not feel that you have to be in a relationship to do "couple things." You can go on a date by yourself if you want to. That might sound weird, but why not do it? If you want to check out a new movie and you do not have anyone to go with, go by yourself.

If you really want to go to dinner, go to dinner.

Go down to Boxers and get yourself a table, a full course meal and a dessert. Or make it a "girls/guys night out" with friends. Do not hinder yourself from enjoying your life because you are not in a relationship. You should not be afraid to go to Madrigal without a date. You can be your own date or go with a group of friends.

Do not view this as an act of desperation. Learn to enjoy your personal time. Seeing that we all will hopefully be on the pathway to start our careers in a few years, we will start to value the down time that will rarely occur.

We always think that people in relationships are lucky. On the flip side, people in relationships are often looking at single people with envy. People in relationships see the freedom that singleness provides and often wish they could go out and have a night on the town without any regrets. Singles, rejoice!

Most people are happy being single and are fine with their independence. However, if you are searching to date someone, view your "table for one" as a way to work on yourself. A cheesy saying that I heard is that if you want someone, you should stop searching and let them come to you. At first, I thought that it was stupid. How can I let myself stop looking for a person? Although when I think about it, most relationships are unexpected. They are not planned.

Many of my friends who are dating told me that they just got together and it did not follow any sort of relationship pattern. So, if you are looking for a relationship and that special someone, be patient. We have the rest of our lives to worry about companionship. Someone will come along soon. If you are not dating someone, then enjoy the single life and have fun.

Health, nutrition myths busted

▶ from MYTHS page 9

dangerous two week crash diet just before Madrigal.

Myth: "If I eat a salad, I'm eating healthy."

Reality: Yes, a salad would be a better choice when grabbing a meal at Muddy. But the real deal is that it is about what you put on top of your salad that matters as well as the portion size. This can apply to other foods and dishes too; just because it is known as a "healthy" food, doesn't necessarily mean that you can eat an extreme amount without facing negatives. It is that you can get too much of a good thing, not to mention too much of a bad thing.

Next time you're making a salad and trying to make it "healthy" to get the benefits of this nutrient-packed meal, avoid adding on an excess amount of toppings and dumping on the dressing. To keep your salad healthy and

tasteful here are some tips: Keep it green and add color. Instead of popcorn chicken, substitute it with grilled chicken or tofu. Instead of ranch, opt for a lighter vinaigrette. Less cheese, more veggies.

Here's an interesting fact that shows that salads are not always better: a McDonald's Southwest salad topped with crispy chicken contains 450 calories and 33 grams of fat, whereas a McDonald's cheeseburger contains 300 calories and 12 grams of fat. This small comparison shows that, depending what you put on them, salads aren't always the better option.

I have only listed 3 common misunderstandings most people have concerning health and fitness, and there are many more misconceptions that we have received through the media and other sources. I challenge you to do your research before you go on to believe the magazine articles.

Pieces chosen to help prepare students for their futures

from THEATRE page 9

is writing the entire show which will provide good experience for actors to be able to write their parts and to understand where the emotion they are portraying comes from."

The theatre productions are also chosen based on preparing students for their future after Juniata. Utterback said, "We treat it like a professional training program within a liberal arts environment. We want to make sure our actors are physically, emotionally, intellectually ready to take on professional careers as actors or go in to graduate school,

but with an intention to creating total artists."

The choice of a play is also factored in to what is unfamiliar to students. Clarke said, "I don't want a student to just be like I love Shakespeare I want to go be in a Shakespeare play or I want to be in film and television. I think a lot of people come in and they are in love with theatre and acting but they don't really know who they are, what their gift is. I along with Neal will say what haven't they had for a while, what do they need next."

The meaning behind productions at Juniata is stronger than many people realize. Utterback said, "The two scripted pieces we

direct are related to what's going on in the world and what can be addressed to use the plays to deal with. They are not just frivolous, but they have some social relevance. Who the student population is, who are actors are, playing to their strengths also how we support other aspects and there is things that we are passionate about as well, it's a complicated pool of things."

Sometimes a theme will be chosen for each year. Clarke said, "This year we have a lot of movement theatre artists coming in. I think about things in the overarching year and someone's experience in over four years, so in their four years they can do many different

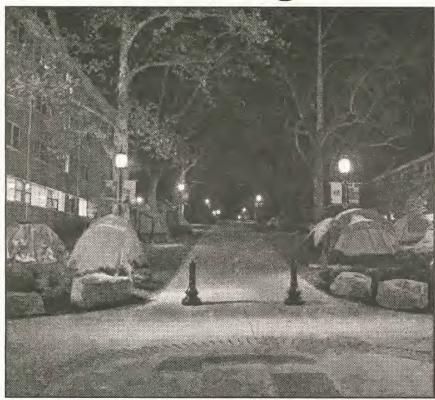
kinds of things. This is so when they are at Juniata they can figure out what kind of artist they want to be."

Freshman Dana Sharee is a theatere production and mass communications POE. Sharee said, "I was happy with the choice of performances but I think they should have some more background because even though there was a lot of good acting in 'Macbeth,' I didn't really understand the concept. If the concept had been publicized a little more then I may have understood it better."

Audience members also play role at Juniata plays. Utterback said, "We have a great audience,

we do some challenging work, it's not just sort of standard fair, there is a challenging art we put on stage, it takes some audience involvement and some people don't care for that but I think by large our audiences are well educated, very open-minded and interested in the plays. For example, my reworking of 'Macbeth' is not going to appeal to a Shakespearean purist and that might make some Shakespearean purists not so happy. It wasn't done with disregard to the text, we were trying to deal with something that we thought was really important and hoped that the work would create and ongoing dialogue and I think the audience appreciates

Tenting





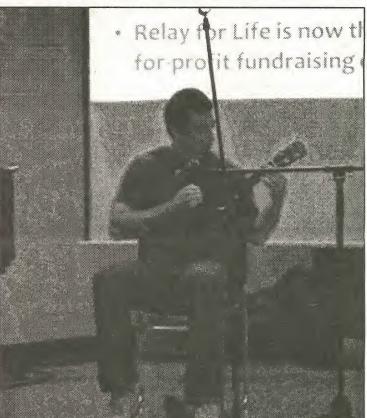




JEFF BRUZEE / JUNIATIAN















MICHELLE MEROLA/JUNIATIAN

New head softball coach eager to get started Sam Kszepka looks to make some noise in Landmark Conference

Going, going, gone, this softball season at Juniata looks to be hit out of the park by a promising new head coach. Coach Sam Kszepka is her name and softball is

The past four years she has been the first assistant coach at Bucknell University. In her time there the team went to the 2010 Patriot League Championship. She also has spent time coaching and recruiting at Norfolk State University. Before that she coached at rival Susquehanna University. Kszepka, prior to her college coaching experience, spent two years coaching high school softball at Willingboro (N.J.) High School.

With this impressive resume Kszepka looks to bring a lot of new and exciting developments to JC softball. One of the biggest changes that she mentioned was the structure and practice habits of

"The fall was definitely used to lay down the foundation. Everything was taken in baby steps. I never threw the girls into a situation where they had to fend for themselves. I showed them how I wanted it done. We did it many times so it became second nature."

Sophomore outfielder Katie Schroeder spoke about many of the new practice exercises and drills Kszepka brings to the table along with her patience with the team saying, "There are many different drills that Coach K has us do. Some of the drills I had never seen before, and a lot of the other girls hadn't seen before as well. Coach K was very understanding and eased us into these drills rather than throwing us in without knowing what to do."



Sam Kszepka is Juniata's new head softball coach. She can be found in her office in the Kennedy Sports and Recreation Center, across from the mezzanine. She arrived at Juniata in 2012 after four years at Bucknell University.

Junior utility player Rachel Smith said, "She broke things down at practice and we all learned from the same point. No one knew more than anyone else. We all learned what she wanted from us together."

Sophomore infielder Nicole Dengler said, "Practices this fall seemed much more serious than the practices from fall last year."

"We can only practice fifteen days in the fall, but in those 15 days I was pleased with the changes I saw. From day one to day fifteen it was two totally different teams. It was really great to watch them grow for me as a coach," Kszepka said.

The fall included not just practices but a tournament in which the team could play against com-

petition for the first time, and saw vast improvement every time they stepped onto the field.

"When we played our three fall games the first game was a little shaky but by the third game we looked like a much stronger team on the field we ended up gelling and definitely more communication which led to us winning our third game," Kszepka said,

The players on the team are appreciative that they now have a full time coach rather than a part time coach as in previous years. They feel this has really made a difference to the team and is helping improve the program.

"I was excited when I heard we were getting a new coach that was going to be here full time," Schroeder said.

"It's nice having her on campus that we can stop in if we need to ask any questions or see her about gear or anything," Smith said.

The women are pleased with the way that Kszepka is bringing the team together and helping them form a close and cohesive team.

"We are very team based this year, I feel we're a closer knit this year than last year due to Coach K," Dengler said.

The team is very young this year and brought in seven new freshmen. The team is appreciative of how Kszepka has attempted to immediately integrate the freshmen with the returning players.

"She did a great job bringing in the freshmen this year. We have a big sister little sister program that we did this year that helped bring the freshman and the returning team members closer together,' Dengler said.

Kszepka has many goals for the team this year. Some of which were not even thought of reaching

"This year our number one goal is to make the conference tournament, which is something that has not been done in the last couple of years. I think that we can definitely do that because a lot of our conference opponents have no idea what Juniata is about now," said Kszepka.

"She has that drive to get up and go somewhere. Our goal for this year to go to the Landmark Tournament which wasn't even discussed last year with our old coach," said Dengler.

Smith also feels the team can make the tournament. She said, "I really feel the team can make it that far. Coach is preparing us well now with workouts. With the preparation and Coach K's leadership I really think we can do it."

Kszepka pushes her team to succeed, setting high goals for them and supports her players in a way that will help them attain those goals. Dengler said, "She has very high goals for us. The whole team appreciates that because it shows she supports us and has faith in us. She really does want us to succeed."

Kszepka looks to be a great addition to the Juniata coaching staff with her upbeat attitude and her drive to succeed.

"Coach K has a really positive attitude which is great for the team and I feel that her coaching abilities along with our other coaches can take the team far. I'm really excited for this season and to see what we make of it," Smith said.

Hoops unranked 26-3 2012 season is part of the past

By DIMITRI ROSS

Following a historic season the JC women's basketball team looks to duplicate the success. Despite being left out of the preseason top 25 coaches poll they believe that this season could be as good if not better than last year.

The Eagles finished last season with a record of 26-3 as well as a second round birth in the NCAA tournament. While that was a great season full of accomplishments the team is not satisfied.

"It was absolutely a great season, but it's in the past now. Hanging our hats on that is a sure fire way to get beat. It's a new season with new players so everyone starts from scratch now," said junior forward Kate McDonald.

"It's a new year and to be honest we didn't really accomplish anything. We lost the conference championship and lost in the second round again. We need to get better to accomplish everything we want to. Living in the past is not the way to go," said senior guard Jordan Speck.

Although the team is not particularly thinking about last season they earned some recognition during the season. Their 26-3 record had them nationally ranked. Despite that the team was left out of this year's preseason rankings.

"We aren't really worried about that. Right now we just need to focus on getting better. If we do that then the other things will take care of themselves," said Speck.

"It was definitely surprising, but we don't really feel any kind of way about it. I would almost rather it be like this. When you come there is a target on your back. Now we can kind of be underdogs again and earn people's respect all over again," said senior guard Natalie Glinsky.

Though they are not nationally ranked they are still seen as the favorites in the Landmark Conference. With a strong cast of returning players they are confident that they can wreak havoc in the conference once again.

"We know how good we can be, but we still have work to do. I believe that once we hit our stride we will be a tough out for anyone," said McDonald.

"The conference will be very competitive as usual, but when we are on top of our game and play-

▶ see BASKETBALL page 15

Field hockey comes to close Young talent will lead to a bright future for Eagles

By ABIGAIL ROSENBERGER

Field hockey was expected to finish second in the Landmark Conference, but with an underwhelming 9-9 record, ended the season in fifth place. Despite this, the young team used the season to learn the mechanics of the game and gain collegiate experience.

Head Coach Caroline Gillich lost twelve seniors to graduation year and with it, experience. Her 2012 team was made up of nine sophomores, nine freshmen and only six upperclassmen.

Both Gillich and senior speaking captain Jill McNeish understood the difficulties of having so many sophomores and freshmen.

"Coming in as a freshman is really hard because you're coming into a team that has their ways, and you're coming in with your own set of skills," said McNeish.

'Sometimes players come in and they're trying to prove to you that they can do things, and they're trying to be perfect," said Gillich. "We don't need to be perfect. We need to make mistakes as early as possible so we can learn from those mistakes."

Gillich corrected the young players' mistakes by teaching not only technical skills, but how to use them against different styles

'When you play in college you play a few different styles," said Gillich. "It's not looking at the name of the opponent that you're playing, but the style of the op-

Coming in as a freshmen is really hard because vou're coming into a team that has their ways, and you're coming in with your own set of skills.

- Jill McNeish '13

ponent. It's a matter of certainly playing to your strengths, but taking away your opponents strengths

With such a young team, even freshmen were being asked to practice these skills one day, and execute them in a game the next.

"It's a matter of being able to play a fast game, with possession, and vision," said Gillich. "That's kind of a lot to ask of a young player, but that's what we had to ask of them, because that's what we're going to ask of any player that goes out there."

"We struggled with taking things from practice and taking it to the game and executing it when we needed to," said McNeish. "We would try to do something against a team that we had done in practice, but it wasn't working, and we would continue trying to do it."

To try to help the team perform their performance in competition, Gillich began having the team watch film from the 2011 season together.

"We started sitting down and watching it, answering questions and writing things down, and they started learning, the way you learn in a classroom," said Gillich. "They started learning, and then they were able to make those changes on the field, and I really saw that as a big turn around."

After a respectable 6-4 start, field hockey dropped five straight games in October. The team

► see FIELD HOCKEY page 15

14 Sports The Juniatian November 15, 2012

Men's volleyball eyes first NCAA tournament berth

Tough fall and strong competition in the gym helping to push the team over the top

By Breanne Hileman

The Juniata College men's volleyball team will enter this year with hunger and a vengeance due to a premature end to last year's season.

Kevin Moore, head coach of the men's volleyball team, said, "Players are hungry and impatient. We waited eight weeks before getting into the gym together. Right now, they are chomping at the bit for the season to get going."

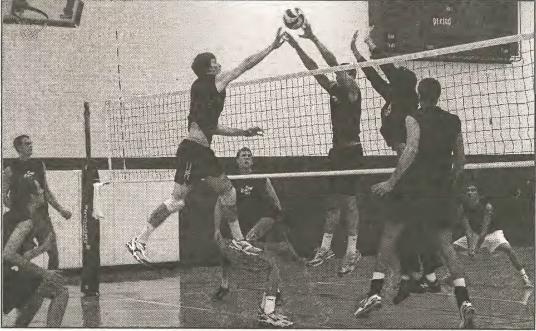
The players are looking forward to a fresh start and another chance to prove themselves this season. "I am excited to get another opportunity to compete for a national championship," junior libero Ben Krouse said.

"We are not too focused on that goal right now. We are more focused on goals that present themselves now such as finding the right chemistry between certain players and finding a group of guys that mesh well together," said Krouse.

Senior setter Rob Strauss said, "We didn't live up to our expectations last year and this is our opportunity to get better and try to win the championship."

The men's volleyball team is young this year, consisting of only six upperclassmen. They hope to gain large contributions from a number of talented freshmen in the upcoming season.

"We are a young team and there are going to be plenty of teams out there that have been playing with each other for four years. For example, Springfield graduated no one last year. So they have all seven starters that won the national championship from last year returning this season," Krouse said.



Sophomore Paul Kuhn goes up for a joust against frehsman Chad Albert and junior Ross Madden in a scrimmage.

"We look for guys who can come in and make a contribution right away. Going into my third season here, the past two years we have had freshmen make large contributions. We are used to freshmen being in a position to contribute," Moore said.

The depth of the freshmen players will benefit the team by increasing the level of play and challenging the upperclassmen.

"The expectation will continue for the freshmen of this year's class to not only challenge the upperclassmen but also, if called upon, be able to contribute for us," Moore said.

Junior outside hitter Paul Ejups said, "The freshmen are going to impact the team more so in practice by pushing the older guys. They will compete for spots because they are all good freshmen. They will put some of us on the

"We are a very deep team this year. The sophomores will also impact us a lot this year as well. Healthy competition is always good for a team," Ejups said.

In order to prepare for the season, the team is working hard in the weight room as well as the gym.

The team also hopes to overcome some weaknesses that prevented them from gaining a national title last year.

Moore said, "We are more aggressive in the weight room. We are trying to get stronger especially with the number of younger players and freshmen. That is where their biggest deficit is. It is not necessarily their skill-set; it is their strength coming in."

"We are focusing more on getting stronger in the weight room over the remaining portion of our fall segment. We are also going to focus on increasing the tempo of our offense," Moore said.

The players feel that working hard in the gym during preseason will strengthen their team and allow them to work on weaknesses from last season.

Strauss said, "Everything leading up to the season is in the weight room and the practice gym and working hard when the time is allotted for you."

"We had an issue with cohesiveness last year at times. I think that it is gone this year. The chemistry is a lot better, which is a big part in having success. The interregional matches are going to be very important this season. Last year we lost a few interregional matches that we shouldn't have,"

The team hopes to use the depth in the roster to their advantage for the up coming season.

"We have more depth this year and our practice environment will

be more competitive. We will continue to get stronger as a whole group. Every day in practice players will be battling and having to compete that much harder. This will prepare us for the teams that we are going to run into toward the end of the season," Moore said.

A few upperclassmen have developed quality leadership skills in order to prepare the team for a new season.

"Seniors Cameron Andrew and Rob Strauss have done an excellent job. Unfortunately, Cameron has been out all fall with a back injury and has been unable to practice. His voice and presence has been extremely strong in the weight room, practice environment, and off the court," Moore said.

"Rob and Cam are natural 'get it done' type of guys and they have a way about their business that others will look to follow," Moore said.

"I like to lead by example by working hard in the gym and outside the gym, in academics, and being active. It shows the younger guys what it takes to be a good student all around," Strauss said.

The team has many challenging games to look forward to in the upcoming season. Coach Moore said, "We will go to Ohio State this year. The opportunity to play on St. John's arena is always a great experience. We will also be participating in the Hall-of-Fame Classic at Springfield. Not only do we get to play Springfield, we will get to play another division one school as well and those will be challenging matches."

Ejups said, "I think this season will turn out pretty well. We have all the pieces. It is just a matter of putting them all together. I trust the coaching staff to help us figure that out."

2012 runs away from men's and women's XC Strong season ends in dissappointment for both teams at Landmark Conference meet

By JUSTIN CLAPPER

The Juniata men's and women's cross country teams had a successful season with a disappointing ending at the Landmark Championship conference meet at the Fort Roberdeau Historic Site in Altoona, Pa on October 27th. Although they went on to compete at the NCAA Division III Regionals in Carlisle, PA on November 10th, the conference meet generally dictates the whether or not the season was a success.

This year Juniata had their sights set on first place. The men ran an 8-kilometer race, and the women ran a 6-kilometer race. The men's and women's teams finished fourth and third, respectively at the conference meet.

Junior Nate Alter said, "As a team, I think we could have preformed better. We were hoping to be in the running to win it, but we ended up fourth, which is kind of unfortunate. I think some people had pretty good days. As a whole, we had to run a perfect race to win like we wanted to, but unfortunately it didn't work out that way."

Alter finished second overall in the men's race with a time of 26:45.70, only 00:43.50 behind Moravian College's Dillon Farrell. That was his second fastest time of the season. Alter said, "That was great. It was the best-case scenario

for me actually. I thought I'd be in a group with Susquehanna's number one guy, and Moravian's number two guy, but I ended up basically running alone and finishing second overall so that was great."

"Alter ran unbelievably. He followed the game plan to a tee. He took a chance at some point, and it panned out for him," said Head Coach Jon Cutright.

On the women's side, junior Katrina Woods and senior Caroline Morgan took second and third place overall, respectively. Woods with a time of 23:08.40 and Morgan with a time of 23:08.60, only .20 seconds apart. Those times were the third fastest times of the season for both girls, who are usually within seconds of each other in most races. Woods was only 00:16.20 behind Drew University's Jennifer VanWingerden.

"It definitely did not go as we anticipated. We were all ready for a really big win, and it just didn't come together. Obviously, Caroline and Katrina ran phenomenal races. Unfortunately the rest of us just couldn't get it together that day," said freshman Jecenia Duran.

There were four other Eagles who placed within the top 25 overall. Senior Ryan Trexler placed 14th overall for the men, with a time of 27:52.70. He also received the honor of being second team all conference. Sophomores Trevor Stephens and Nick Trapane placed 23rd and 25th overall for the men, with times of 28:18.40 and 28:22.40, respectively. Sophomore Alyssa Cousins finished 17th overall for the women, with a time of 25:27.30.

The Moravian College men's cross country team got their second straight Landmark Conference title this year. On the women's side, Catholic University women's team claimed their first championship.

"There was good stuff and bad stuff with both teams. The women had the talent to win but they didn't, for the most part, because one girl got sick, and the other girls couldn't cover up that spot," said Cutright. "We're just not deep enough where we can afford to lose anybody in our top five or six and have them run like she did. I don't blame her for that. The reality is that she needed to be higher than what she was."

Cutright had a plan for the team to win the meet. He knew sixtyfive points would win the meet, and, in fact, sixty-five points won.

"Had we finished where I said we needed to finish we would have won by two points. It was disappointing, to say the least, that we didn't win that meet, probably an opportunity lost," said Cutright. "I'm obviously very happy for Katrina and Caroline to finish second and third overall in the race.

Sophomore Emily Wolf PR'd by fifty seconds. She clearly ran better than anything she's ran in her college career."

Cutright felt like the men's team wasn't racing as a team. They were all spread out and unorganized. They never raced together.

"It was disappointing because we should have gotten third at least. We weren't going to beat Moravian on that day, but I think if you ask anybody other than Alter, they weren't happy with their race; although, Trexler did run his best finish of a conference meet so far. Being second team all conference, there's certainly a positive there as well. Steven Park was a top seven for us for the first time all year, and the first time in two years for him."

Aside from the conference meet, the team believes they had a great and successful season this year. "We definitely made progress. We were better than last year. I don't think there's any doubt about that. Out of the nineteen back from last year, less than a handful did not PR this year. We just didn't quite reach our goals at the end of the season for the conference meet. We still have regionals to go though," said Cutright.

Alter said, "I think at the beginning of the season we could have been a bit stronger. I think that we kind of had a slightly slow start, but overall this season was much

better than last year. I think it's an improvement."

Also commenting on the season was Duran. "We preformed well. We definitely all got along, which is really important when it comes to being a team. We progressed really nicely, and I feel like Coach was extremely happy with us."

The team has mixed feelings about if they reached their goals for this season. "Yes and no. The conference meet no. I would say up to that point yes. Most of what I measure everything on is the conference meet, so it was just an opportunity lost," said Cutright.

Duran also said, "I want to say yes and no. In some ways yes, we've made it the whole way through the season and haven't had any conflict between members of the team. We've all PR'd and continued to PR throughout the season. With Landmarks we didn't exactly achieve what we wanted to achieve, but we're happy because we're still known to be a good team."

Alter, on the other hand, said, "I don't really think so. Doing well at the conference meet was our main goal, and I think that meet was kind of a disappointment for our team. I think there are good things from this season, like I said, I think we had a better season than last year, but it was not how we wanted to finish." 0 . . .

Conference poll is just a number for men's basketball Eagles look to build off previous success to shoot for their first Landmark title

By Chris Beall

The offseason is a time for players to improve their skills and mold themselves into a better athlete. The team has taken full advantage of this time to create better chemistry between the team.

The team has started this season with early practices and some scrimmages against themselves and other opponents. This time was used to see who would step up and earn a spot on the court. Athletic Director and Head Coach Greg Curley has been with the team for 11 seasons and already has earned the most wins in program history. Curley believes that every moment counts during the beginning of the season.

"It has been a process. We have a unique blend. We have a lot of upperclassmen but then we have a lot of young guys and not too many guys in between. It was hard for me and the rest of the coaching staff to figure out at which pace we go. I don't think that we played that well at Grove City, but I think we can use that experience to grow and see how to play other teams and I think we've done that," Curley said. "This group of guys has really become known as a team that plays their style of basketball. We showed a lot of improvement going into our McDaniel scrimmage."

Senior guard Alex Raymond has started every game except for one for the men's basketball team

in his career. Raymond has pulled in honors such as being named to the All-Landmark Conference team and was 12th in the conference in scoring last year. He believes the season has gotten off to a good start and stresses the fact that they have to get better day in and

"The practices and scrimmages have been going well, we just try to improve every time we go out on the court to prepare us for when the games start to really matter," Raymond said.

Junior guard Pat Cassidy has seen many minutes throughout his career. He believes the team has really improved this offseason.

"I thought we had a really good offseason with the amount of time we've put in the gym and with Coach Smith. We have been working on carrying this over to practices and improving every day. We had two scrimmages and have learned a lot about where we are as a team from them," said Cassidy.

"What coincides in us getting better as a team, getting to the point where we need to be in the past four or five practices, I think it was the experience of going to play someone else." Curley continued, "They finally saw what it looked like and got a better sense of what it is. I think they have done a real good job of taking the information and saying I want to get better. Now they are getting comfortable. Now they're not trying to just survive practice, they're trying to get better."

Cassidy believes that the chemistry of the team is growing as a result of its experienced veterans.

"Our chemistry has come a long way. We have a lot of guys who have played a lot together that have carried over into the last few summers as well. We all are a pretty close group of guys who get along on and off the court," Cassidy said.

The team has shown many people wrong in recent memory. The team was picked sixth in the conference in the preseason poll last year. The team went on to the Landmark Conference Championship game where they lost to Scranton University. The team finished the season second in the conference and went on to the ECAC post-season tournament.

"I'm not sure where we will be placed pre-season conference but that doesn't really matter to us. As long as we take care of what we need to we believe we can beat any team in the league," said Raymond.

Cassidy and the rest of the team feel the same way as Raymond. "Honestly, I am not sure what we will be ranked this season in the conference and I do not think any of us are too concerned with that. Last year is a testament to how much the rankings mean," Cassidy said.

"The expectations that I have for them are still to be determined. I think it's too early in the season

to determine that. We have a lot to prove and a lot to show in these practices before our first game. I think a lot will be determined in that time. Then, in the early going, I want to see who steps up for us and wants to make a contribution. Whether it be guys that have been here for three years, or a freshman that shows me they want to play,"

Curley believes the team has a few strengths that will help them towards their goal of winning the Landmark Conference title.

"I think our greatest strength is that we are balanced. We have a really good mixture of size and speed. We are also an older team so we have a good blend of leadership and a good blend of experience. Our depth has really gotten better. Our seven, eight, and nine guys are the same guys as last year, just a year older and wiser," Curley said.

Coach Curley sees a couple guys that the team can rely on. Even in the absence of guys that have graduated, he believes he still has good, if not better players to get the job done.

"I think we have eight or nine solid guys that any given night can have a very productive game. Depending on matchups and what other teams have, I think one guy will have a better night than another. I think game to game, depending on who we are playing, it's going to magnify some guys' strengths. I think it's good to have Alex Raymond and Nate Higgins

back as seniors. It is good to have a center and a point guard in that realm, so they are kind of our book ends. We also expect Brian Scholly and Kevin Stapleton to carry more of an offensive load for us this season," Curley said.

The players have very big expectations for the season. Not only do they want to win, they want to

"Our goal this year, like every year, is to be the best team as we can possibly be. Winning the Landmark is part of our goals but first we need to be the best team in the league to accomplish that goal," Raymond said.

Curley has set his goals high but has not overlooked the competition. This year may prove to be as the most competitive in recent years.

"I think this is a year that every team has gotten better and you don't get to say that too often. I think it will be the most competitive year in the Landmark. I think six teams have a real shot at winning the conference. Our goal is simple and that is to win the Landmark. We have come up short three out of the last six years. That's our only goal is to win the first Landmark title in school history," said Curley.

The season begins on Friday, November 16 at 7:30 against Kean University at Kennedy Sports and Recreation Center. The game kicks off the Coaches Against Cancer tournament.

Still looking for conference championship

▶ from BASKETBALL page 13

ing together we are one of the best teams in the country. We just want to set the tone early in the conference to let people know that we are back better than ever and hungry to take back that conference championship," said Glinsky.

The key to setting that tone early is practice. It is important for every team to have a strong preseason in order to have a successful year. At this level teams cannot afford to get behind so the team has been working hard to get off to a good start.

'Coach has really been push-

ing us this year. If we want to be any good that is how it has to be though. We lost some pretty experienced players so getting off to a good start will be very important for morale. I think we have made strides towards that thus far," said McDonald.

"The bottom line is that if we do not have great practices we won't be good. As a senior on the team this year I feel like I have more of a responsibility to set the tone. If I come out lazy in practice then how can I expect the rest of the team to have energy? When our veterans have the right approach it makes it easier to get

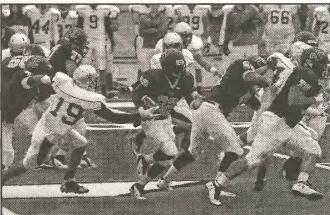
the younger players said Speck.

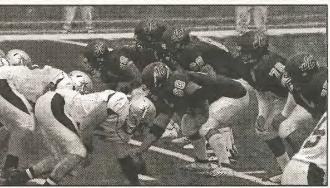
The players seem extremely focused on their goals this year. They have set both short term and long term goals and have every intention of fulfilling them.

"Obviously we want to win the Landmark, but in order to do that we just have to focus on getting better every day," said Glinsky.

"We just want to be the best team we can be. If we give it everything we have and it doesn't work out we can live with that. We refuse to feel like we could have done more at the end of the season though," said Speck.

Football and Volleyball







RACHEL MURPHY / JUNIATIAN Top: Freshman Deonte Alston avoids being tackled and follows his block-

ers down field in pursuit of a Juniata touchdwon. Middle: Juniata offensive linemen prepare for battle against Moravian College on Nov. 3, 2012. Juniata won by a score of 14-6. Bottom: Senior Kelsey Fuller celebrates with junior Sarah McCarthy and

sophomore Amelia Kepler after scoring a point for Juniata.

Team struggles with lack of experience

▶ from FIELD HOCKEY page 13

lost each of these five games by

"There were enough games that the girls know they 'shoulda, coulda, woulda' and just didn't,' said Gillich.

"I think that five game losing streak really hit home with a lot of girls. They had been looking at our records from years past, and kind of expecting the wins to be handed to them," said McNeish. "I think they realized we had to work for every win, no team is just given a win."

Gillich's young team was not helped by a season of injuries including three concussions, various quad and hamstring injuries, and a case of mono. "It seemed like every time we started to figure something out something would happen to somebody. So, it was just a constant rearranging," said Gillich.

Despite these struggles, the team great deal of internal success and ing the season with three straight season to the end. wins. Iwo of these games were won in overtime against Landmark Conference teams.

"In Drew we went into double overtime and won. In Scranton we were in single over time and we won," said Gillich.

"After we lost those five games, at the last game, [Coach Gillich] was like, okay, we have three games left. We have to win them," said McNeish. "When she started taking it a lot more seriously at the end, everybody else caught on to it.'

"I think attitude was a big part of it," said freshman forward Steph Pagliaro. "I think everyone just needed to say we can do better than this. I think we just needed to believe we could do it."

While their record may not show it, this young team experienced a

ended their losing streak by clos- growth from the beginning of the

"If you look at our record, it might look like we didn't really do that well, but if you look at how we played it was actually really good, especially for such a young team," said Pagliaro.

"We had a lot of growth in our freshmen," said McNeish. "It was really cool to see, halfway through the season that they picked up on it and were working together the way we knew they could."

The team looks to the future as a chance to continue maturing as a team and to return to the top of the Landmark Conference.

"Now that we all have a year of experience, and the sophomores have another year of experience, we're looking to move forward and just keep growing each year and make it into playoffs," said Pagliaro.

Dysfunctional

By Kunal Atit

Roommates, the concept in and of itself is an interesting one. At the beginning of Freshman year you are randomly placed with a complete stranger, and forced to live with them for an entire year. For all you know the kid could be a serial killer, a drug dealer, or worst of all a Republican. You put a lot of faith in Juniata when you step into that dorm room on that August day, and meet, in my case, a skinny young lad accompanied by his parents and grandparents. I think the first encounter goes pretty much the same for everyone, you try to act considerate yet

A freshman dorm experience: Rooming with Mac

cool, you don't want to let on that you're actually a recovering tasty cake addict, who only had two friends in high school. You hope your mom wont pick out your favorite stuffed animal sitting at the bottom of one of your boxes, but most of all you pray you're not rooming with a sociopath who's going to cut you open by the end of first semester (Bio Majors). We all want relationships like Drake and Josh, but we will settle for anything better then Jason vs. Freddy. So there I was staring at a kid no taller then 5 foot 8 (He claims 5 foot 9, silly tyke), and could weigh no more then 130 pounds. He went by the name of Jameson Robert Hill Monella, or for short, Jamer. Moving in went as smoothly as possible, I offered him the top bunk (Apparently that isn't a good thing, but to a kid who never

had bunk beds, I thought the top bunk was more fun.) and the first couple of weeks we tried to be as normal as possible. I learned he doesn't eat anything but chicken and pop tarts, and he learned about I sing too much. Inevitably a month in, my dietarily restricted, nervous roommate, was kidnapped and replaced by Jamer the Diva. The best way to explain this is to give you insight into our mornings, they go a little like this.

Me: "Jamer you look great today"

Jamer: : Ewwww, stop it, I'm gross, I might as well go die"

Me: "Don't say that!"

Jamer: "Shut up B***h,
I'll stab you in the face."

You could really feel the love pervading through the room. As the semester progressed my emotionally masochistic roommate got

the lead of the school play, Macbeth 1. So our daily dialogue was laced with the essence of Shakespeare.

Me: "Hey Bud"
Jamer: "Hark! Speaketh to

me not."

As time went on, Jamer got busier, and busier, when he wasn't at play practice he was working, when he wasn't working, he was playing Pokemon on his DS. Thus our daily conversations devolved into

Me: "Hey Jamer"
Jamer: "Ewww, I'll punch

Finally it was opening night. For the last two weeks I hadn't seen Jamer all that much. He apparently told my friends he wouldn't let me sleep in the room anymore if I didn't go see the show, so I decided on closing night that I didn't want to be homeless the rest of freshman year. All I can say

is I room with one talented son of a gun. It was a performance mixed with emotion, and quite a bit of groping between him and Lady Macbeth. It was Jamer's idea that afterwards we all go out and celebrate. If you've never partied with Mr. Monella, it's something you should try out before you die, or rather, it's something you should try out if you want to die. It was a night that almost led to me sleeping on East lawn for the night. So as I write this column in Sherwood 120 with Yadir Lakehal asleep at 11:49 am on a Monday, because my roommate locked me out of our room, I can proudly say, I room with Jameson Robert Hill Monella, and I wouldn't have it any other way.

Side Note: Jamer please don't kick me out.

Alchy-scopes 2:

Foreseen by local prophet Miya Williams



Vodka: This weekend you're going to enjoy some fine vodka. You'll have tons of fim and finally talk to that kid in your class that you've been eyeing. However, you'll forget that you stored your alcohol in that Aquafina bottle three days later after a run and take a huge chug. A real-life spit-take is in your future.

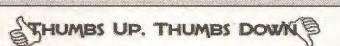
Tequila: You're drinking tequila Saturday because why not? Everyone will tell you it will be a bad idea. Everyone will you that you need to be careful. What everyone won't tell you is that climbing on the table and singing "My Humps" is a bad idea. An embarrassing video is in your future.



40's: This weekend you'll have some 40's. Not only are you going enjoy the bold taste of the malt liquor, but you're also going to experience Edward Fortyhands. You'll have a blast that evening, but all that liquid will need to leave. Bottles taped to hand, you'll have to rush to the bathroom. A change of pants is in your future.

Wine: While your sophomoric friends are enjoying the lesser things in life, you will be indulging in a nice glass of wine. Sipping your grapey beverage, East will not be in sight. A classy night is in your future.





7

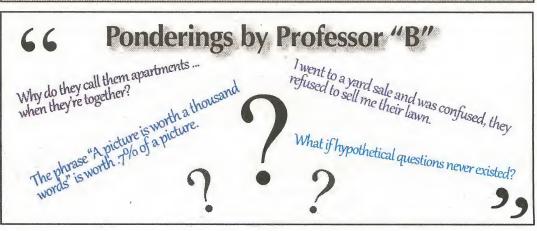
Thumbs down to being sold for \$3 at man market. Then again ... I've done worse for less.



Thumbs up to No Shave November making Juniata students look like dirty hippies. Oh wait...



Thumbs down to no stakes for tenting. What is this? A school for vegetarians?



Wimpy Girls : Rogby

- DASS ON A THE STREY-

By MOLLIE EHRGOOD









VOLUME 94, ISSUE 5

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THURSDAY, DECEMBER 6, 2012

The Rockies just got higher: Colo., Wash. legalize marijuana Students and faculty debate the drug's effects and whether Pennsylvania will be next

By Louie Nigh

Citizens of Washington and Colorado voted on Tuesday, Nov. 6, to legalize recreational marijuana in their state by a margin of 56 percent and 54 percent, respectively.

However, marijuana is still considered a Schedule I drug under the Controlled Substances Act. This means that although the state has legalized marijuana, users can still be prosecuted under federal law.

"I'm very interested in seeing the fight between federal and state governments," said Assistant Dean of Students Daniel Cook-Huffman. "I am not personally in favor or opposed to it, but it's really interesting to see the debates. I've always believed in the American ideal that the states are the laboratories of democracy - that they can at

least try something out, if it works well, it can be duplicated in other states."

Despite marijuana remaining federally illegal, the federal government has not been particularly keen on shutting down the movement. Associate Professor of Politics Dennis Plane says that there is no cause worthy of a 'war on

"It's still illegal under federal



Voters in both states passed a constitutional amendment on Nov 6 to legalize the use of marijuana couch," said Andrew.

law. Still, Obama's not going to be really going after recreational marijuana," said Plane. "The administration has sent lots of warning letters, but there's no strict boots-on-the-ground clampdown. There's lots of tough talk, but not nearly as much action."

Marijuana legalization is a subject of heavy controversy.

"On one hand you have people who say it's a Schedule I drug, that it's very dangerous," said Cook-Huffman. "Addiction, health care needed for these people, arrests, accidents, these could all certainly be an effect. On the other hand, there are people who don't think

it's that big of a deal, that the side effects are less severe than alcohol and that it can increase state revenue. Personally, I'm all for having a science-based discussion about marijuana. That kind of debate is very worth happening."

Some point out that marijuana is more harmful compared to alcohol, according to Brad Andrew, associate professor of accounting, business and economics.

"Looking at marijuana and alcohol, alcohol is clearly most socially destructive. You see drunk people getting into fights and smashing cars, whereas with marijuana, users are not likely to get off the

And others say that marijuana is less harmful than cigarettes

"We've legalized smoking and alcohol, and those are quite harmful as well," said David Haselton, a sophomore. "Then again, some drugs definitely cause more harm than others, but marijuana is a lot more moderate compared to some of the others out there."

But being comparatively 'weak' doesn't necessarily mean that marijuana is harmless.

"I know that a lot of other drugs are harmful, and people don't think marijuana is harmful - but it is, and

you see people doing marijuana that say they're not addicted, yet they keep doing it," said David De-Freest, a freshman. "It all goes drastically downhill, athletes in particular. We learned in

health class that it's a harmful drug, it alters the brain, and it stays in your body for a long time. People should be more careful about such things."

It can be said that marijuana is worse than tobacco in some respects as well.

"I feel that marijuana is more harmful for you, because it can change your behavior in different ways. It can cause you to do things that tobacco wouldn't cause you to do, like making you high," said DeFreest.

Still, studies have shown that marijuana can be less addictive than cigarettes.

"On one hand, there's a lot of evidence that marijuana is much less harmful than alcohol," said Dennis Plane. "And alcohol is legal, so logic suggests that marijuana should be legal too."

Critics point out that just because marijuana is 'weak' doesn't mean that it should be legalized.

Smoking tobacco is just the standard today, and that's how ▶ see LEGALIZATION page 5

From boot camp to campus Duey, Steele, Musser rare breed of Eagle

By JM DUBENSKY

William Duey, adjunct professor of accounting, business and economics, senior Adam Steele and freshman Christina Musser have all served in the military before coming to Juniata. Their backgrounds have given them both unique and challenging experiences with college life.

Duey served in the army for 27 years. He was in the branch of the Adjutant General's Corps involving personnel management and administration.

"Throughout my service, my assignments rotated between personnel management assignments or military education," said Duey. "I taught at a number of army schools."

Duey joined the army as a result of his studies at Pennsylvania State University. At that time students were required to participate in two years of Reserve Officers Training Corps, or ROTC.

"Penn State is a land grant college," said Duey. "Which is why Penn State plays Michigan State for the Land Grant trophy every year. Those two colleges and a few others were created by Lincoln, I

think, during the Civil War. Basically you had to be in ROTC for two years on campus, then if you chose, you could apply for advanced ROTC for your junior and senior year. Upon completion of that, you were commissioned as a second lieutenant. That's what I did and I was commissioned when I graduated."

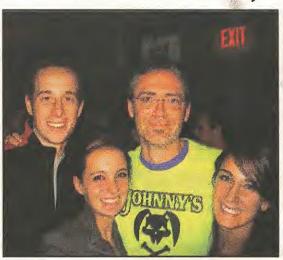
"The time of my service was very different," said Duey. "I served in a different century than people who are in the military today. There's still a feeling and necessity of teamwork, I don't think that ever changes. Many studies show what soldiers fight for is each other."

After deciding to retire from the army in 1987, Duey started working at Juniata first as the internship director and later as a faculty member.

"Because of the army I had some experience teaching some subjects," said Duey. management and things that the ABE department teaches. Later on I became the Registrar, but even then I still taught a class a

▶ see MILITARY page 6

Celebrity Bartendar









Celebrities included Kathy Baughman, David Meadows, Norris Muth, Phil Dunwoody and Peter Baran.k

WKVR Power 92.3 brings the beat back to Huntingdon

Sweeney, Bearden help to reinstate the radio station: student voice to fill the airwaves again

By ZACH LEMON

Juniata College's student run radio station, WKVR Power 92.3 is back on the air as of Nov. 12. A student club went through the necessary hurdles to bring the radio station back after a hiatus, which began in May of 2012.

The radio station is managed by sophomores Morgan Sweeney, a management POE with a secondary emphases in biology and French, and Dakota Bearden, a communication and media studies POE.

"Donna Weimer, who is our administrative advisor, she asked if there was anyone who would actually be interested in running it, and we were the only two who volunteered. Since Morganand I were friends, we figured we would take it on together and now we have an entire executive board that consists of, I think, 10 members," said Bearden. She spoke of the challenges involved with bringing the radio station back.

"We've had to pay off fines, renew our licenses, we've had to have so many meetings with senate and OSA, and just getting reinstated was impossibly hard," she said. Sweeney mentioned other sources of frustration, such as outdated equipment, cluttered storage and a bee infestation in the radio station room, which had not been cleared out.

Another challenge for Bearden, Sweeney and the other club administrators is getting students to commit to a new program so late in the semester.

"I think if we would have gotten started sooner, we would have had more people interested," said Sweeney. "We want people to have fun and it's just like if you don't show up for your shows and you're constantly miss-



JEFF BRUZEE / JUNIATIAN

Juniata's radio station 92.3 WKVR FM has been brought back to life by several radio business hopefuls. Seen here, WKVR's executive board gathers just prior to going on the air. WKVR already has close to thirty shows on air each week.

ing them, then there's nobody on the air, and it just makes us look not good." According to Sweeney, there is a five dollar fine for missing a show without giving 24 hours' notice. In the event that a program is not manned, a playlist of about 200 songs is played.

"Apparently, a couple years back, we partnered with Penn State, and then any airtime we weren't filling, they would fill, so I think that's pretty cool," Sweeney commented.

There are financial challenges for the radio station. Although it is a club, which receives money from OSA, the club members also plan to fundraise by selling Sheetz gift cards and hosting a dance. They will not be playing advertisements on the station.

"If we put ads on the radio, it

changes our legality entirely. If people pay us instead of us just being a non-profit, then we can't play what we want to," said Bearden. The club's money goes to paying F.C.C. membership costs. Students must be careful to obey the F.C.C.'s restrictions on obscenity while they are on the air.

"If the F.C.C. hears you, it's like a \$100,000 fine. So it's pretty serious," said Sweeney.

Jessica Jackson, director of student activities, was involved with the first meetings, which occurred this year, and has watched the student efforts unfold. "If you want to look at last year to this year, I think there is a stronger interest and drive there to make things happen consistently," she said. Sweeney thought that the radio station had gone out of commission because of management problems.

"I know last year what hap-

pened was the manager who was doing it, she tried to do it all," said Sweeney. "Just training and trying to get everything straightened out these last two weeks was crazy, and I don't know how I would have done it without the help of like our program director and our personnel director." According to Sweeney and Bearden, the process this year is shaping up to be more collaborative and diverse than in years past. "We are trying to make it more than just music, since that's all it's been lately," Bearden said.

Many students were not even

Many students were not even aware that Juniata College once hosted a radio station. Those who were former listeners gave mixed reviews. Wyatt Hall is a junior geology POE, and occasionally tuned in to the college station in years past.

"I felt more interested in the student DJ's song choice than in the actual music he was playing," said Hall. Alex McColgin, a junior sociology POE, said that he listened to a friend's show in years past.

"One of my friends had a show. She took requests, played good music, she brought up current events," said McColgin. He streamed the station with his computer, one of the features that the station provided. Andrew Mellinger, a junior with a biology POE, used to listen to the station while driving in town. He said that the music selection was varied, but that he would listen to it in the future.

One new idea to diversify the station, mentioned by both Bearden and Sweeney, is to play Stone Church sermons once a week, although Bearden and Sweeney say this is still in the works.

"We have a lot of music. I know John Smeal's doing a sports show, Tuesday Night Shenanigans is like a little bit of music but mostly just like talk. Right now every day from four to five we have a literature reading," said Sweeney. The literature hour is a new feature that was suggested by John Hilly, an admissions counselor.

"We're trying to get a different person every week. We're trying to get professors and students to volunteer, and you just kind of like come in and read. They're doing some recordings off a free website that's in the public domain," said Sweeney. Her own show runs from 8:00 p.m. to 9:00 p.m. on Tuesday nights, and is co-hosted by Dan Phillips, a sophomore psychology POE.

"It's called Juniata Grab Bag, so every week we choose a different theme. Last week it was ska, next week is going to be electro swing, so we're doing different themes," she said. Another radio station to be featured is called Two and a Half Gingers.

"It's like all about the struggles of a college kid. They're prerecording their show, basically like, so they don't swear on air or anything, they don't want to risk it," said Sweeney. The students in charge of this program use a Face-book site to get suggestions from Juniata College students.

Sweeney said that one demographic of people who listened to the college radio station was Huntingdon prison inmates.

"We get a lot of letters from the prisoners and stuff. They're our main listening base," Sweeney said, "I've read a couple of letters. There are letters that are like, 'F this, F that' and then there's letters that are like, 'You have changed my life,' and a lot of people write back and I think that's interesting."

The station is still looking for people interested in DJ and talk show host roles.

Students concerned about taming the new MCAT Biochemistry, anatomy, physiology among additions to be included in the 2015 exam

By HALEY SCHNEIDER

In 2015, a new MCAT will be introduced for students hoping to go to medical school. A number of changes were made to the old MCAT with the intention to improve critical thinking and a number of other important concepts.

Since this change will come in 2015, it will affect many students at Juniata College. Freshmen in the pre-med track will be taking the new MCAT, but so will some upperclassmen who have delayed taking science courses or plan to take a year off between college and medical school.

Dr. Kirchhof-Glazier, professor of biology and director of the health professions program at Juniata, identified two main reasons for the revision.

"The first one is that science is evolving big time," said Kirchhof-Glazier. "So they realized that students are going to have to have more of a background then they previously did. They want to test them on the modern science."

As a result, in 2015 students will be tested on biochemistry on the MCAT for the first time. On the health professions section of Juniata's website, biochemistry is now listed as a requirement instead of a recommendation, as it had been previously.

"We often told students they

should take biochemistry, because the first year of med school has always been biochemistry, anatomy, and physiology, and if you take it, it gives you a little bit of a leg up," said Kirchhof-Glazier. "But now they want students to come into medical school with more of a background in that."

One concern for the health professions board is that making biochemistry a requirement will make it more difficult for students to complete their POEs in four years.

"Adding biochemistry to our prerequisites makes it a little tighter for our students to try to finish everything before they can actually try to do the MCATs," said Kirchhof-Glazier.

The second reason for the revision reflects a more holistic approach to medicine that is now recognized as an important part

of healthcare.

"There's something called the bio, psycho, social model of medicine, which basically says that medicine is more then just what your biochemistry is," said Kirchhof-Glazier. "There are variations in economic status, behavior, all these different things, which are not strictly your biochemical makeup, but are influencing your health and also the healthcare

system."

In response, the 2015 MCATs will have a new section called the biological, social, and psychological foundations of behavior. While psychology and sociology courses are still not required for students who in the pre-medicine track, they are now strongly recommended.

Although all of these required

► see MCAT page 4

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Buy a ball, give a ball: plan benefits underprivileged

Andy Blunk's business idea distributes soccer balls to children in Third World countries

By NATASHA D. LANE

Junior Andrew Blunk, has developed a business plan that is ready to be put into action. His business will sell soccer balls with the promise that upon purchase, another ball will be donated to children around the world.

Blunk realized this dream while in the Gambia for six months, an impoverished country in Africa.

While in the Gambia he gained many new experiences and was immersed in another culture much different than his own.

"This is all from my study abroad in the Gambia. From what I saw the main problem in developing countries is the feeling the people have of being dependent upon someone else and the lack of empowerment that people feel,"

Blunk plan is to donate soccer balls to Gambian youth.

"Basically, it's a buy one ball and donate a ball kind of business model, which is similar to Tom Shoes in that you buy a soccer ball and have the promise of one soccer ball being sent to someone who doesn't have the ability to get a ball themselves. So, that's basically the business plan," said Blunk. "From there, there are some embellishments upon it that I believe make it a better business."



JEFF BRUZEE / JUNIATIAN

Junior Andy Blunk poses with soccer balls on the lawn of Sunderland. Blunk's new business plan involves donating a soccer ball to underprivileged individuals for each ball purchased.

Freshman Alexandra Hanbury believes that a business such as this will provide many benefits to the youth.

"It's recreation for a place where it may not be easy to have that and its just a good way for kids to get to know each other and just have fun," said Hanbury.

Though Blunk came up with the concept of his business, he is not alone in its development. Junior Dominic Cuzzolina is acting as an advisor for Blunk.

"He's really done all the work basically on his own from the start, and he actually just recently asked me to kind of help out. Right now I'm just kind of looking over his business plan and giving him suggestions," said Cuzzolina. "I think the reason he asked me to do that was because I was in the business plan last year, the business plan competition, so he's just kind of recruiting me to give him some

business, he is hesitant to take credit and believes he plays only a minimal role.

"I'm just going to give him some suggestions on the business plan and we're just going to see how it goes and maybe get a feel for what we want to do," said Cuz-

Both Blunk and Cuzzolina believe the business is sustainable, making it different from other charities and donation organizations.

"I think a lot of places and a lot of people have the idea of going over and building these irrigation systems or dams on like a larger scale, and they're great," said Cuzzolina. "It's just hard to sustain them because you can build something, you can create something, but if there's no one there to take care of it, it's going to fall apart. There's some secondary effects for doing those kind of things."

Sophomore T. Nang believes that, though the youth will be directly benefiting from the business, Blunk will benefit as well.

"It's a great idea," said Nang. "It will benefit not only the student but the children in Gambia also."

For Blunk, his business is doing more than just donating soccer balls. Through his business, he Despite Cuzzolina's role in the hopes to actually change the Gambian youth's way of thinking.

"So, that was one problem I saw with charities the donation process and the idea that the dependency builds. I forget the term, but it's a white man dependency or the savior white man or something," said Blunk, "It means that, in developing countries a lot of times, children are raised with a sense that not everything is good, but that if a white man comes along they're going to get something. and that the community is dependent upon it because they can't make the shoes themselves. They have to wait for someone to give it to them. Through my experience in the Gambia, from what I saw, that was the main problem of developing countries.'

Blunk plans to give the money from his business to soccer ball manufacturing companies in the Gambia so that they themselves can donate soccer balls to children. By doing this, Blunk believes Gambians will see that they don't have to wait for developed countries to provide for them; they can do it on their own.

"The kids will be getting the ball, but at the same time, the overlying message is even stronger than the ball, is that their being do-

▶ see BLUNK page 5

Juniata establishes new partnerships with foreign institutions China, Thailand, Ireland, Scotland, Taiwan among new destinations to study overseas

By CAITLIN McCANN

Currently at Juniata over 40 percent of all graduating students have studied abroad, and that number is only growing. To compliment the growing number of students interested, several new study abroad options are becoming available for students in the next few years, including China, Thailand, Ireland, Scotland and Taiwan.

The programs at Juniata are based on a direct exchange model, which is the exchange of a foreign student for a Juniata student. It is a lengthy process to establish a partnership with an institution overseas and takes many steps before Juniata students can take advantage of what an institution overseas can offer.

"First, somebody makes some sort of contact with an international institution, whether it is a faculty member who has a research

or if our president goes and visits and talks to the president there, somebody makes a connection," said Jennifer Cushman, dean of international programs and associate professor of German.

Once a connection is established, several Juniata students are sent on a study abroad trip at the potential college to evaluate if it would be a good investment to begin a partnership with the particular institution.

"There is a rubric that is followed, and the institution is evaluated in areas such as student support, academic rigor, safety, security, those sorts of issues,'

said Cushman. "We want to make sure our partners are vetted and that our students are receiving a solid academic experience."

Juniata is now offering a new exchange program in Ireland, currently open for students.

"We just signed the exchange agreement with the University College Cork," said Cushman.

Sophomore Shayna King has applied, and is hoping to study abroad at the University College Cork in the spring of 2014.

"It would be fantastic to experience the culture, and a lot of good accounting class would be available to me so I would not get behind in my POE. My grandparents are from Ireland so I have a lot of history there, and it is a really good location to travel the rest of Ireland and Europe in general," said King.

In terms of programs that will hopefully be available to students in the next few years, there are four new exchange agreements that have been signed. This means that the institutions have agreed to try to work with each other, and currently are in effect in

two universities in Bangkok, Thailand, one in Shanghai, China and one in Taipei, Taiwan.

"The two programs in Thailand are through a Juniata alumnae, and the president went to visit them because of that connection," said Cushman.

Sophomore Raeygn Taylor is also planning on studying abroad during her time at Juniata, and hopes to study in New Zealand.

"I think it is a great opportunity to learn about another culture and to enhance the opportunities that are available here at Juniata. It also will help to prepare me to become a more independent person," said Taylor.

Additionally, Juniata is currently looking for students to study abroad at the University of Sterling, Scotland as pilot students for the 2013-2014 school year. Should that work as planned, the University of Sterling would be available for students by Dec. 1, 2014.

Juniata has three types of exchange programs; direct exchange, consortia exchange and a third party provider. The consortia exchange enables Juniata to add more breadth to the program, as well as more personal attention.

"Consortia programs have an on site coordinator to help students get acclimated" said Cushman.

At the moment, Juniata is expanding the study abroad programs more than ever before, due in part to the enormous amount of popularity that internationalization is currently experiencing.

"There is a lot of momentum surrounding internationalism right now. I think it is a really exciting time for international programs at Juniata. We just won a national award for comprehensive internationalization that is part of it," said Cushman.

Over the past few years, Juniata's international programs have gone above the expectations of those in charge.

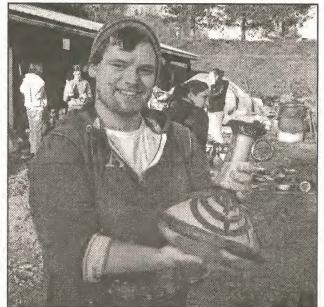
"These past few years have been a really interesting time for internationalism at Juniata. We've had clear goals and we've met those goals," said Cushman. "We have done a lot of good things in a lot of areas. Were now above 40 percent for our graduates that study abroad, and we've reached our 10 percent international student enrollment goal. We also have done on campus initiatives like the global village. That is something that really helped us think about how we internationalize on campus."

The international programs at Juniata receive much support from the members of the Juniata faculty, allowing the

▶ see STUDY ABROAD page 7

Anagama





Left: The unloading of the anagama kiln, located behind the ceramics studio, revealed many beautiful ceramic pieces fired by the woodfueled kiln. Right: Junior Johnathan Abend is pictured holding one of his pieces that successfully made it out of the long firing process.

Canvas for a cause

Students auction work at Madrigal

By GAVIN EDGERTON

Sophomores Erika Young and Elizabeth Faust commissioned 12 paintings of international cities to be auctioned off to students, parents, alumni and professors during this year's Madrigal dance. Proceeds will go to the Crossroads Pregnancy Center and the Huntingdon Community Center.

The paintings were done by Juniata students and include the cities of Chicago, New York, Moscow, London and Tokyo.

"The silent auction is a clever fundraiser. Students and staff get excited for Madrigal because it is a night we can all look forward to, dress nicely and enjoy as a fancier evening. The silent auction paintings added a really nice vibe to the whole Madrigal environment," said freshman Dagm Endalkachew.

"The Paris and Rome paintings were really impressive but I think my favorite was Rio. Juniata should be looking to buy some of the paintings and hang them in different buildings. It shows off how talented our school is and the money is going to a good cause any way," said sophomore Christine Sumner.

According to Faust the silent auction is a new addition to Madrigal.

"Erika Young was talking to Sarah Hayes about decorations in Good Hall and Sarah noticed the paintings on the wall. She said she wished we could do something like that for Madrigal decorations, not expecting it to go beyond an idea, but we loved it so Sarah rounded up the people and the fundraising began," said Faust.

"The silent auction was done well. The paintings are stel-

lar and they represent Juniata pretty well. They depict cities from all over the world and we have a pretty diverse community. I think we probably have a Juniata student or alumni in every one of those places right now," said sophomore Mark Feiler.

According to junior Jackie Swain, she was able to appreciate the paintings more because of the classes she has taken at Juniata.

"One of my favorite parts of the night was looking at the paintings with all of my friends and analyzing them through the frameworks we've learned in art classes. I liked the Rio painting. It was abstract and had dark tones. It reminded me of 'The Starry Night' painting by van Gogh. You can tell they worked hard on those paint-

The silent auction paintings added a really nice vibe to the whole Madrigal environment.

-Dagm Endalkachew

ings.

The Crossroads Pregnancy Center is a clinic located in Huntingdon that deals with unexpected pregnancies. The Huntingdon Community Center is a nonprofit organization that caters to the local Huntingdon community.

"Erika volunteered at Crossroads for her social work class, so she wanted to give back and the community center can always use the extra help," said Faust,

"We aren't sure how much money we will raise but we are being realistic. We want to make much as possible, but we understand that we are all college students, so we just expect to make a small difference to prove that Juniata cares about the community,"

Kwanzaa Dinner







MICHELLE T. MEROLA / JUNIATIAN

Top: Professor Amy Frazier-Yoder and her daughter light on of the Kwanzaa candles. African American Student Alliance held their annual Kwanzaa Dinner in Sill Board Room on Saturday, Nov. 17.

Kirchhof-Glazier tells pre-health professions students to "just chill out"

▶ from MCAT page 2

and recommended course will create very full schedules for students, freshman Collin Kessler is not concerned about the course load.

"We did start out knowing that we would have to take a lot of classes, so I'm not worried," said Kessler.

Freshman Sue Stazetsky agrees that the course load is manageable if students plan ahead and stay on top of everything.

"I'll get help planning my classes from my advisor," said Stazetsky.

In addition to this new content, other changes are being made for the new MCAT. One such change was getting rid of the writing sample, which was originally used to test a student's reasoning skills.

"They did have something called the writing sample. They would give you a prompt and then you would have to write something about it," said Kirchhof-Glazier. "The writing sample was not something that the medical schools ever really put a lot of emphasis on. So they realized that in the next version of the MCAT they would just get rid of that. And even though the next version of the MCAT is not going to be until 2015, they already got rid of the writing sample."

According to Kirchhof-Glazier, the best things that students can do to prepare for the MCATs are to stay on top of their coursework and take electives that make them use a lot of critical thinking.

"Students who take coursework that makes them really critically think in terms of interpreting graphs, looking at pros and cons of different things, looking at data,

wedesign1@verizon.net

and statistical analyses will have an advantage," said Kirchhof-Glazier.

Although some students are optimistic about the new test, Kirchhof-Glazier does already sees students worrying about it.

"Kids worry about the MCATS, and with good reason. That is a very high-stakes exam," said Kirchof-Glazier.

Although she acknowledges the stress of taking the test, Kirchhof-

Glazier would like students to know that, as long as they follow the curriculum, they should be all right. Students who are worried can take the MCAT prep course that Juniata offers each year.

"We're not going to teach to the MCAT," said Kirchhof-Glazier. "But we are still going to provide some preparation for students. We have an MCAT prep course now, and will likely have an MCAT prep

course after 2015."

Juniata has a great MCAT test prep program, so I plan on taking that," said Kessler.

According to Kirchhof-Glazier, excessive worrying about the exam as an underclassman will just place added stress on a student.

"I want to decrease the stress," said Kirchhof-Glazier. "It's not a big deal, it's happening in three years, so just chill out."



Giving Tree





YLAN MILLER / JUNIATIAN

Members of the Catholic Council operate the tag system in order for students to give gifts to less fortunate children. Left: The tags that hang from the tree list the gender, age, and gift wishes of a child in need. Each tag has a number that is then recorded in order to keep track of who is buying for whom. Right: The Giving Tree project is planned and operated by the Catholic Council Club. Here the club is pictured posing before the beginning of their meeting.

Aduna parallels structure of TOMS Shoes

▶ from BLUNK page 3

nated by a Gambian. It's a Gambian ball so it's a purely their thing," said Blunk.

Through this desired change, Blunk hopes to also stimulate the Gambian economy.

"So through my donation process, I wanted to, one, eliminate the development of dependency that children have and also, two, the economic instability that donations create," said Blunk.

Blunk is currently looking at the financial options for his business and has considered going through Juniata College Center for Entrepreneurial Leadership (JCEL). This program advises and funds student business through loans and investments.

In the past students have used the JCEL resources and created several successful businesses such as University Jerky, Cocoa Chocolates, Greener Leasing and Techno Mango. This year, students are learning about JCEL resources through the annual Business Competition, in which Blunk will participate.

Before entering the competition, Blunk, Cuzolina and a few other advisees will edit and improve the existing plan.

"As of now we are done with our business plan and are revising it, and we want to submit it to the business plan competition," said Blunk. "We get \$2500 if we win, so we would like to do that. With that being said, I'm not sure whether or not we want to get seed capital from JCEL which is like \$5000 or something."

Terry Anderson is the new director for JCEL and assistant professor for entrepreneurship in the accounting and economics departments. Anderson supports Blunk's idea, but believes there are still many things that need to be decided.

"I like his idea and obviously the model itself has been proven, kind of a buy one get one business model," said Anderson. "Whether or not the demand is there for

his particular product; that's what we're trying to determine. He came up with the idea based on a service-learning trip that he had, and it seems like there's a need in that particular area but for the business to be sustainable. We have got to be sure that there are other likeminded individuals that feel the same way. So, we're still kind of in the exploratory

stage, but I like where he's going with it."

Though Anderson believes Blunk's idea is possible, he notes that if Blunk decides to work through JCEL, the business will have to be for profit.

"For the student seed capital fund, it's required that it's a for profit business. Now, with my background, I can work with non-profits, but as far as our work here at the center, it would have to be for profit," said Anderson.

Sophomore Dylan Miller believes that for profit or nonprofit, the business is still a good idea." I think either way that sounds like a good idea," said Miller. "I mean its enrichment for children in need."

Whether Blunk decides to use JCEL or not, he is determined to start the business as soon as possible and get it running.

"If it's good, I would want to carry it on," said Blunk. "It's something I'm more invested in right now; more than studies. I'm more excited about it because I have a passion for soccer and, I think, everyone has a passion to help others. So I could see it going as long as that lasts. If it does last, it could be something we do for awhile."

Cannabis debate continues

▶ from LEGALIZATION page 1

things have been for a while, so it's hard to delegalize it," said John Klusman, a freshman. "I just don't see a need to legalize marijuana."

But whether the health risks are serious or not, proponents argue that marijuana legalization will be beneficial for the country.

"Which is more harmful to society: introducing smoke into your lungs or throwing someone in jail, which is still prevalently used," said Derrick Magnotta, a junior and the leader of the Juniata Democrats club. "We have to ask whether we make it legal and regulate it and control who sells it, or we can tear them away from families, ruin their lives by sending them to jail and tax our already overtaxed system. There isn't much merit there."

Although the legalization of recreational marijuana is a great victory for the movement, legalization proponents in Pennsylvania should think twice about rejoicing.

"At no time soon will legalization come to Pennsylvania," said Cook-Huffman. "Pennsylvania is not a place that would shift gears rapidly, it's generally a very traditional state. Around

thirty states have passed medicinal marijuana laws, so the fact that Pennsylvania has yet to do so should tell you something about the state's receptivity. I just don't see it happening quickly here."

Magnotta concurs with Cook-Huffman.

"Pennsylvania is slower to evolve to cultural issues. People consider Pennsylvania a blue state, but we have a unique traditional culture, for example on the issue of gay marriage. I don't think it will happen within the next five to ten years at least, which is an eternity in politics," said Magnotta.

The marijuana movement will struggle to gain recognition federally as well, according to Plane.

"The states that allowed recreational marijuana are much more libertarian states," said Plane. "They're two states out of fifty, and you need a majority in congress to change the law. Medical marijuana is more likely, but it's still not coming any time soon."

The reasons for why marijuana was legalized in Washington and Colorado are hard to say, according to Plane.

"I don't have a really good answer for it. People may just be starting to think about the issue more," said Plane. "Another thing would be that there's been an increase in libertarianism – 'get the government off my back, don't tell me to do anything' – libertarians like Ron Paul are certainly opposed to laws that criminalize marijuana use, and have a little following."

Despite the obstacles it faces, the legalization movement may continue to grow, according to Cook-Huffman.

"We live in a democratic society. We're engaged in the experiment of democracy, where minority voices can be heard, and they've been taken seriously in at least three states now," said Cook-Huffman. "And over 30 states have legalized medical marijuana by now, so clearly there has been a significant change in discussion in this society."



Holiday Cheer



Sophomores Brett Heber, Heather Waring, Polly Martin, Marshall Leland, Brandon Hark, and Kyle Kister relax by the Christmas tree in Von Liebig. The tree was decorated by Juniata Students Against Cancer.

Soldiers share their past military experience

▶ from MILITARY page 1

semester. I made sure to keep my hand in teaching. I've taught EB 202 Behavioral Analysis Organization (HOBO) not every year but most years since the late eighties. I eventually went into something called phase retirement where I worked sort of part time, only teaching. I'm technically totally retired, but I've come back to teach HOBO for a number of years now. I'm here this semester because Professor Rosenberger is on sabbatical."

Duey said that when he first decided to come to Juniata, a friend mentioned that Juniata offered peace and conflict studies and that Duey might be met with some because of military background.

"There's this stereotype," said Duey. "That the soldier comes in out of the jungle with a knife between his teeth. I never really experienced any of that at Juniata, but I always wondered if there were preconceived notions about military people here."

Certain tension and attitudes directed towards military personnel is something that Steele has noticed during his time at Juniata.

"At first I didn't even wear any of my military stuff," said Steele. "But then I realized I was hiding part of myself. So I went out and got an Operation Iraqi Freedom hat and one time someone asked me 'Well what was that?', and I don't even know what to say to people sometimes. I don't really want to explain what it was. I wear my hat more of a way of showing that not everybody is the stereotype. I can wear my hat, I've been to war, but I can take it off too."

Steele was on active duty in the army from 2005 to 2009 and is on active reserve until July 2013. He was deployed to Iraq in 2006 and spent eight months in Korea.

"I was a network switching systems operator," said Steele. "I did a lot of help desk stuff, similar to TLT down in BAC. We had two kinds of internet, one that gets on Google and stuff like that, and another that's just between officers and used for troop movement. I helped keep both of those secure. I was also in convoys a lot, doing whatever they needed at that point. Sometimes I was still the tech guy, sometimes I was on the radio as the communication guy and sometimes I manned one of the guns."

Musser also participated in Operation Iraqi Freedom as a member of the United States Army Reserve. She joined in 1981 and

served 27 years. She is now on inactive retired reserve.

"I spent about a year in Kuwait for Operation Iraqi Freedom," said Musser. "I did not have to carry a gun, which I feel really lucky about since some of my friends did and aren't doing so well as a result of that. My focus would probably be battalion operations: I was a cook, I've been a supply sergeant and I worked in the nuclear, biological, and chemical branch, as well as the water treatment branch. I was deployed with a unit from Virginia, and actually I was down at Weiss the other day and ran into the commander from that unit who is from Huntingdon."

Both Steele and Musser noted that while Juniata is very accepting, their military backgrounds have sometimes contrasted with the life on campus.

"I found myself more of an adaptive person than a lot of people," said Steele. "It's part of what the military trains you for. You have to fit in and find a way to keep yourself alive. I was friends with Ben Souders, who studied here the past couple semesters. He was a Navy SEAL. Back when Osama Bin Laden was killed, Ben had a sort of celebration for it and some students showed up to silently protest it outside. Ben was not the kind of guy you want to mess with, but he was nice, and I think he was a little annoyed by that. I remember talking to him about it: it wasn't out in the open, it wasn't pushed in anyone's face, it was a small room and cake was being served. Why are you sitting outside and protesting this? I could see where they were coming from and I understand people have their own ideals. But Ben was a SEAL, it was a SEAL Team that killed Bin Laden and he was showing pride for that."

"There's not a military culture on this campus at all," said Musser. "There's limited support with the GI Bill. At other colleges there are people dedicated just to helping soldiers, but here it's kind of hit or miss, partly because it's a small school. But the only time I really thought about my background clashing with the culture here is when I participated in a diversity panel a couple weeks ago, because age is diversity. One of the other panelists was from Afghanistan, and it occurred to me as I'm saying I was in Operation Iraqi Freedom and that I had prepared units for war in Afghanistan and Iraq that what I was saying could upset this young woman behind me. I don't wear a sign

that says I was in the army. It's part of what I did, but it's not the end of my world, and the world didn't stop turning when I came back from the war. It's not that I don't care, it's just not my focus anymore."

Juniata has become a home to not only former soldiers, but current ones as well. Sophomore Cody Johnson is friends with two Juniata students who are currently in the military.

'My friend Jacob Rowe is currently finishing basic training for the Army National Guard," said Johnson. "He'll be returning in the spring for his sophomore year. My other friend, David Lamberson, is currently a senior at Juniata and he took some time off earlier in his academic career to go to basic for the Air Force National Guard. I have the utmost respect for both of them, as well as anyone else serving in the military. No matter what their role is, they are all heroes. I believe the military is a pivotal part of our success as a nation and a symbol for the pursuit of freedom."

Both Steele and Musser are Huntingdon natives. They receive money from the military to help pay for school.

"I take my studies a lot more seriously than some people," said Steele. "I think because I've been in an environment where I've been extremely accountable for my actions. I know it's not like that here, but it's something that sticks with me. I'm not the greatest student, but I concern myself with the best work I can do. I'm not perfect at this, I'm not the best at writing, but this is everything I have."

"I've noticed that my military experience has affected my writing," said Musser. "I spent years learning to write with the fewest number of words, in the simplest vocabulary I could come up with. But here I have to elaborate more and I struggled with that. I look at assignments and you need to write ten pages, but I want to write three. Not because I'm lazy, but because I just want to go through with a big pencil and cross out all the extraneous stuff."

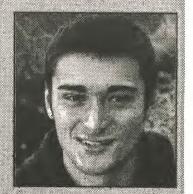
"Juniata is a great place to get personal attention," said Steele. "Which is something that I think is important to people that have been in the military. For the most part, I've been quite accepted here. If you have questions, bring them, if you have arguments, bring them, I'm not going to hide who I am. There might still be a little tension, but I would recommend Juniata to any soldier."

Roving Reporter

What do you want to be doing the day before the world ends?

"I will try to get away with as many illegal things as possible."

Brett Morgenstern '14





"I will sleep just as well as any other day and, hopefully, I'll wake up the next morning and tell everyone 'I told you so'."

Cassie Torres '15

"I will be doing the things you could only get away with the day before the world ends."

Derek Schultz '16





"I'll go out in the woods near my house with my parents, and I will make sure to see all of the little kids who are in my life."

Falon Snyder '14

"I'll be sitting on my couch watching TV, skeptical of the world's end." Kyle Salage '15



"I'll be eating to my heart's content and partying with my friends."

T.J. Chance-Chin '15

PHOTOS BY BESSIE WEISMAN / JUNIATIAN

Juniata names Jim Troha next president Heidelberg interim brings fundraising experience

By MATT ELIAS

The Presidential Search Comfor institutional advancement and university relations at Heidelberg the university. University, will be the 12th president of Juniata College.

With President Tom Kepple set to retire on May 31, the presidential search has been at the crux of Juniata's focus for months now. Narrowing down an expansive list of candidates to a final four, the Board of Trustees ultimately deemed Troha their number submissions, reference checks, interviews and campus visits.

"The Board of Trustees is very excited to have Jim as our next President," said Bud Wise, a member of the Board of Trustees. "There is much competition for the best talent, and we are pleased to have attracted our first choice from among a strong pool. Dr. Troha is deeply committed to preserving Juniata's core Liberal Arts mission and continuing Juniata's trajectory as a nationally known Liberal Arts gem."

Dr. Troha was drawn to Juniata because of the college's organizational goals. "I found the Juniata mission compelling. The Juniata community is dead on in what it stands for in regard to the students that are brought here and the multitude of programs that Juniata offers," said Troha. Referencing Juniata's mission statement, he additionally indicated that the personalized education, global community and ethical leadership components enticed him.

"Jim brings a combination of very relevant experience and great leadership skills," said Wise. "He has a track record of success leading student affairs, enrollment and college advancement, and served as Interim President at his current institution."

As the president for institutional member of the Presidential Search

advancement at Heidelberg, Troha was responsible for the managemittee and The Board of Trust- ment of Heidelberg's fundraising ees are pleased to announce that campaign. Troha witnessed record Dr. Jim Troha, the vice president fundraising years, as his campaign raised more than \$38 million for

During his presidential candidate presentation, Troha indicated that he needs to become well versed in the external side of the Juniata presidency, which he defined as becoming acquainted with long term school donors and raising money. The hope is that these long term school donors will help raise Juniata's endowment. As a one candidate based on written tuition driven college, it is vital that the endowment is raised in order to provide financial sustainability and flexibility.

"I believe that for liberal arts institutions to continue to thrive, you have to have laser focus. Right now, the Juniata bulls eye is right where it needs to be," said Troha. "I plan on taking advantage of strengths in sciences and POEs to provide a core liberal arts experience."

"I saw Dr. Troha when he visited campus, and I was an immediate fan," said freshman Chad Albert. "I admire his dedication to the preservation of liberal arts colleges."

Facilitating his transition to President of Juniata, Dr. Troha served as Heidelberg's interim president from 2008 to 2009, where he gathered valuable presidential experience.

With Troha set to take office on June 1 and Kepple set to retire on May 31, there will be a period of time solely designated for Troha to learn the ins and outs of the Juniata presidency.

"One thing Dr. Troha really emphasized when he met with us and when he was on campus was that he will want to do a lot of listening in his first few months on campus," said Belle Tuten, W. Newton and Hazel A. Long professor of history and

FNL

Committee. "It's important to him that he get the 'buy-in' from everyone on campus for the future."

"My hope is that Dr. Troha will continue the athletic traditions established here at Juniata," said freshman Ryan Lamparter.

Despite the additions to Juniata made under President Kepple, there is still more to be done. With the Juniata Provost and Vice President for Enrollment set to retire with Kepple in May, inevitable challenges are on the horizon.

"An immediate challenge will be establishing the college leadership team, especially developing plans for the replacement of [Provost] Jim Lakso and [VP for Enrollment], John Hille, two key leaders who retire at the end of this academic year," said Wise.

However, Troha indicates the importance of these hires. Troha said, "We must hire a Provost that will complement existing personnel. The hire of a new Provost is crucial and I plan to work heavily with the faculty to get this hire right."

"I know that he stated that he wants Juniata to be more widely known in the U.S., and more broadly, he wants to do more to publicize the overall value of a liberal arts education, as well as a Juniata education," said Tuten.

"Diversification of the student body is something I plan to grow on," Troha said. Ultimately, geographically diversifying the student body will ensure that Juniata remains financially healthy.

Charismatic in nature, Dr. Jim Troha appears to be the right fit for the Juniata presidency. "I am excited for the ideas he has for the future of our school," said Christine Sumner, the sophomore class president. "I truly believe he has the experience necessary to do a great job carrying out the many traditions at Juniata and making it his priority to make our school the best it can be."

Art Museum Exhibit ——







MICHELLET, MEROLA / JUNIATIAN

Top: One of the new stoneware pieces in the Club Creek: Tenth Year Anniversary Exhibition at the Juniata College Museum of Art (JCMA). The exhibit opened on Thursday, Nov. 15. Middle: Senior Ezra Cassel enjoys one of the pieces from the Selections from the Permanent Collection at the JCMA. Bottom: Junior Alli Smith and International Student Emma Cooper look at one of the pieces from the Selections from the Permanent Collection as well.

Study abroad offers variety

▶ from STUDY ABROAD page, 3

programs to flourish.

"Mainly it is because faculty and staff across campus are really committed to the idea that these international efforts make a difference in student learning," said Cushman.

Freshman Sarah Rhodes is going to Orizaba, Mexico this coming summer with Juniata, and hopes to study abroad her junior year in Seville, Spain. Having studied abroad in Bolivia for a gap year this past year, Rhodes feels ready for another study abroad experience.

"I want to improve my language skills as well as learn about a different culture," said Rhodes.

However, not all students at Juniata are interested in studying abroad. Freshman Christine Whiteman is among many students who do not plan on studying abroad during their time at Juniata.

"I have a lot of credits to fulfill, as well as swim team, and I do not want to be gone for an entire semester," said Whiteman.

Currently, Juniata is working on integrating study abroad into the curriculum at Juniata, and hopes that in the future various study abroad options will be immediately laid out for students, becoming part of their long term plan from the very beginning.

"What I would like to see happen, and what we are working towards right now is for every academic department to think about three or four exchange partners that make sense for their department so that students coming in, the department would have already identified where they may study," said Cushman.

In an effort to promote such integration, Juniata has been working on helping first generation college students overcome financial difficulties. As even a plane ticket can discourage some students, Juniata recently received a grant from an Alumna that can cover the travel costs for students.

Looking into the future, Cushman hopes that study abroad would become less of a question at Juniata.

"It would not be, 'Are you going to study abroad?' but 'Where are you going to study abroad?"" said Cushman.



DYLAN MILLER / JUNIATIAN

Songwriter Jeff LeBlanc finishes his performance with a final original song from his last album.

Farewell Juniata, the Mayan's were right, the world ends Dec. 21 2012

Everyday we wake up, pick ourselves up out of bed, shower, brush our teeth and continue on with our daily lives. We go to class, study, work hard and participate in extracurricular activities in order to prepare ourselves for tomorrow and the rest of our

Well what if someone told you that the amount of days we have left to live is numbered? You might look at them like they are an idiot. Clearly everyone has a finite amount of time left on this Earth and must die someday. However, according to the Mayan Calendar and ancient scholars, these days might be much less than what we imagine.

The 2012 phenomenon is a set of beliefs that cataclysmic events will occur on Dec. 21, 2012 and lead to the end of the world. There are many different theories as to

how this phenomenon may occur, but all lead to the destruction of Earth and the end of human civi-

The most widespread doomsday theory is that on the winter solstice, Dec. 21, 2012, Planet X will collide with Earth and destroy the Earth as we know it. Conspiracy theorists believe that the government has known about Planet X's collision course and have since attempted to hide the existence of the planet.

One theory says that on the fateful winter solstice, our world will be devastated by a dramatic shift in Earth's magnetic poles. Another theory states that our Earth and sun will align with the center of the Milky Way galaxy, where there is believed to be a black hole that will rip the Earth apart leaving no life form behind.

There are many more theories ranging from a sun supernova (the death of our sun), global warming and floods, a seismic disturbance,

World War III and a nuclear holocaust, and even a shift in the collective consciousness of humanity that will change the way the human mind works and bring about the end of the world.

Whether these theories are backed by science or are merely rumors and beliefs, they tend to strike fear in each of us. The thought of losing everything that we know and love is terrifying. And if the world does end, the fact that we as college students have spent our entire lives in school is even more depressing.

However, there is still hope for the future. Although the Mayan Calendar is scheduled to end on Dec. 21, 2012, modern scientists believe that we should not fear this day.

National Aeronautics and Space Administration (NASA) scientists have reported that there are no signs of the doomsday theories being true. Planetary alignments are not scheduled to occur for the next few decades. Even if they were to occur, the effects on the Earth would be negligible.

Modern archaeologists have reported that although the Mayan Calendar is scheduled to end on the upcoming winter solstice, this will not lead to the end of the world. Dec. 21, 2012 marks the end of the Mayan's Long Count Calendar. Just as our calendar starts over every year, archaeologists say that the next cycle of this Long Count Calendar will begin following the winter solstice.

So, if there are no signs of the world ending, then why do people make such a big deal about it? It's simple, fear. People fear what they can't see. So when people realized that the Mayan Calendar ends on Dec. 21, 2012, they began to fear what their future would have in store for them.

To some people the idea of this doomsday is ridiculous. They don't understand how people

could seriously believe that cataclysmic events will occur and the world will end. Others continue to believe the theories and fear the

NASA has received numerous questions regarding what is to come, and multiple cases of people contemplating suicide to avoid it. These people are so terrified and unsure of what will happen that they have threatened to not only kill themselves, but all of their loved ones as well so that they do not have to suffer through the end of the world.

To some people these thepost serious and bring a burden to their daily lives. For others, these cataclysmic threats are just a reminder that our time on Earth is in fact limited. And whether or not the Earth ends on Dec. 21, 2012, we should cherish each day and moment that we are blessed with, and live our lives to the fullest.

Boehner, Geithner struggle to deliberate a fiscal cliff solution

By Dylan Stroman

The days remaining are numbered to find a solution to the looming fiscal cliff. If the White House and Republicans cannot reach a tax and spending deal by the Jan. 1 deadline, tax rates will rise as paychecks shrink for more than 114 million Americans. Many economists believe that going off of the fiscal cliff has the potential of throwing the country back into a state of recession.

So why is it that coming to a compromise on this issue has proven to be such an unworkable chore? The most basic answer comes down to conflicting stands on tax cuts and increases. The chief obstacle that has been consistently holding the nation back is whether or not tax rates for the rich should be elevated.

The GOP and the Obama administration do agree on one thing: code and entitlement programs resulting in over \$1 trillion in savings over the next decade.

The Obama administration's current 10-year savings proposal totals \$2 trillion in terms of new tax revenue and spending cuts, as well as an additional \$2.4 trillion in domestic spending cuts. This deficit reduction plan includes a sizable upfront payment comprised of tax increases on incomes for the top 2 percent with the potential of yielding \$1.6 trillion in revenue.

Contrarily, the GOP's proposal on Tuesday suggests a potential \$2.2 trillion in savings. This plan includes \$800 billion reduction by curtailing tax breaks as well as \$200 billion resulting from a new means of calculating inflation. The GOP is also pushing for greater spending cuts in health programs for about \$250 billion more than Obama's proposal. By generating savings from spending cuts in Medicare and other entitlements, it is clear that the GOP's agenda includes steering changes need to be made to the tax clear of the tax increases on the top

2 percent that the White House is incessantly pushing forward.

The Democrats are firm in their view that the Bush-era tax rates on high incomes need to expire, which is scheduled by law to occur on Dec. 31. Meanwhile, they plan for these tax cuts to remain in place for the middle class. On the Republican end, it is no surprise that there is sweeping opposition to these aspects of the proposal. Speaker of the House John Boehner argues that the negotiations have gotten "nowhere," referring to Obama's plan as a "La-la Land offer," implying that it represents a strictly liberal agenda. Unsurprisingly, a main point of contention Boehner and many others have with the Democratic proposal is that it comprehensibly echoes Obama's previously announced plan, offering no additional concessions to the opposi-

Treasury Secretary Geithner, the chief negotiator for the White House, argues for a return to Clinton-era tax rates under which dividends (currently taxed at 15 percent) would be taxed at the same rate as ordinary income. If no resolve is met, this rate is set to automatically rise to 39.6 percent for the majority of recipients, with an additional 3.8 percent for the highest income earners.

In response to the impending hike on dividend taxation, Walmart and over 100 other companies have announced that they intend to issue early dividends on Dec. 27 rather than on the original date of Jan. 2. By rescheduling the issuance of dividends to six days earlier, companies like Walmart are looking to save over \$180 million in federal income taxes.

In terms of projecting specific numbers, it ultimately comes down to a guessing game at this point. "Sophisticated guessing, but guessing nonetheless," said Provost Lakso. Factors such as early dividends reinforce this statement. The only way to measure the true extent of the impact that will result from a change in tax rates would be to actually change tax rates.

One way or another tax rates are inevitably going to rise. The specific percentage increase will depend on the degree of balance that can be reached between the two contenders. Obama argues that the election results signify a national mandate to firmly accomplish the goals set by their initial savings proposal, which works to explain why they are firm on their offer. However, it is also quite clear that Boehner and the Republicans are not going down without an extensive quarrel.

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Liza Jane Thorson EDITOR-IN-CHIEF

Bryan Aungst ASST. EDITOR-IN-CHIEF

Brea Neri Miya Williams **CO-HEAD LAYOUT EDITORS**

> Kayci Nelson Seth Ruggiero **NEWS EDITORS**

Cameron Andrew HEAD SPORTS EDITOR

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Tara Black Dan Chessen Erin Gaines Andrea Morillo ASST. DESIGN EDITORS

Dylan Stroman WEB AND TECH. EDITOR

> Bessie Weisman PHOTO EDITOR

Dr. William M. Dickey FACULTY ADVISOR

PRODUCED BY The Writing Practicum

667 Juniata College Huntingdon, PA 16652 (814) 641-3379 juniatian@juniata.edu

CORRECTIONS

In the November 15 issue of "The Juniatian" the photograph on the front page was incorrectly credited to Jeff Bruzee. The photograph was provided by Rob Yelnosky.

"The Juniatian" makes every effort to avoid errors in its articles. However, some mistakes will inevitably occur. "The Juniatian" will print a retraction for any printed, factual item proven to be incorrect. Readers who believe they have spotted an incorrect fact

Artist's Political Perspective



Cartoon by Jacqueline Barnett

Letter to the Editor

Dear Editor:

Pat Oelschlager's nicely written "Seeing Green" column of November 1 makes the important point that contemporary Americans are out of touch with nature and with the sources of their food. His method of learning about the natural world - actually going outside - is all too rare nowadays. The column reminded me of something that Rachel Carson said: "The more clearly we can focus our attention on the wonders and realities of the universe, the less taste we shall have for destruction." I think that the less satisfied we are with the false, "Disney-fied" view of nature that Pat Oelschlager describes, the healthier our natural environment, and our food system, will become.

nature does not necessarily mean claiming a place for humans at the top of any hierarchy. While it's true that we all ought to be aware of the way our food is produced (and preferably participate in producing it), I would also take the next step and say that we can truly know and appreciate wild animals like deer – and choose to let them live. We don't need to eat animal products. If we focus on the "wonders and realities" of the sentient animals who share our environment, we will be less inclined to kill and eat them, and more inclined to eat plants, which are not sentient.

However, being in touch with

- Claire Holzner Instructor, Intensive English Program

Students participate in National Novel Writing Month One freshman has already doubled the 50,000 thousand word count minimum

By Tommy Imbrogno

November is National Novel Writing Month, NaNoWriMo or NaNo for short. This online event begins on Nov. 1 and participants continue to write until Nov. 30 with a goal of 50,000 words in order to have a published copy of their novel.

Freshmen Kathleen Myers wrote 100,000 words, which is double the 50,000-word goal. "I originally began with the normal goal of 50,000 words and was pretty far ahead in the first couple of days. I had about 15,000 words by day five," said Myers. "I was talking to some of my friends and they said it would be really impressive if I could write 100,000 words. I asked what they would give me if I wrote 100,000 by the end of this month and they said they would make me chocolate covered strawberries, so I posted on Facebook for everyone to see that I would try to write 100,000 words so I could not back out."

NaNo began in 1999 and has continued to grow ever since. The company behind NaNo, The Office of Letters and Light, encourages writers of all ages to write at their own pace. Anyone that finishes the 50,000-word challenge will be rewarded with a published copy of their novel.

The Office of Letters and Light has an agreement with Create Space, a company who helps people self publish novels. A code to create your own cover is given to whoever completes the challenge. Once a writer's novel is completed, they receive a free copy of their work. "There are a fair number of people who have completed NaNo and got their book published. "Water for Elephants" for example was originally a NaNo novel," said Myers.

Freshmen Alison Shannon is also participating in NaNo this year. "There is no reason to not do NaNo if you are interested," said Shannon. "A lot of people may feel stressed, but there is no stress involved because there isn't pressure to win, its directed at your own pace."

"I think National Novel Writing Month is difficult for anyone

to do, including students with the amount of time it takes," said Peter Goldstein, John Downey Benedict professor of English.

Freshmen Danielle Cutaia is also making time for NaNo this year. "NaNo is a lot of fun for me. It serves as a creative outlet and a good challenge. NaNo also helps manage your time better, with homework, friends and writing a novel, it can be interesting to see where you find time," said Cutaia.

Students who participate in NaNo have to designate between times for NaNo and schoolwork. "School work definitely comes first, but generally I am done with class in the afternoon, so I will go into the library and complete my school work for the next day," said Myers. "Then I will go to dinner and hang out with friends, but right after dinner I will go back to the library and write for three or four hours."

"I would love it if Juniata students could participate in NaNo, but I think Juniata students are going to have the same issues that I had in graduate school when

I attempted NaNo, and that is just not enough time," said Hannah Bellwoar, assistant professor of English.

Participants will also have to cut down on activities that take up to much time. "I don't really have a plan as far as managing time between school work and NaNo but school work comes first and I will cut out things like watching TV to write more," said Shannon.

Some people may not have any time at all to partake in NaNo. "If you are interested in writing but are too busy in school I don't recommend it because in your first years you can take it too seriously and become overwhelmed very quickly," said Cutaia.

Writing a 50,000-word novel in a month can seem crazy to some people. "It should almost be called National Frist Draft Novel Writing Month because many people do not realize that it is only a first draft and not an edited final copy," said Goldstein.

One of the unique characteristics of NaNo is that anyone can do it. "If you want to write then do NaNo. If you are interested and you think you have nothing else to do, I don't know how many people would being at college, but if you have a spare one or two hours a day and enjoy writing, NaNo allows you to create with out tearing it down by shutting down the inner editor and just writing," said Myers.

"I think NaNo is great for people who want to start a writing career. It's a very dedicated time. One month is all you have, you put aside other things going on and really focus in on the writing then after that month is up you have a novel. This overall concept behind NaNo is really fantastic," said Bellwoar.

After completing NaNo an individual feels accomplished. "I will definitely continue to do NaNo in the future, it is a lot of fun. I have people tell me that I am crazy but I enjoy writing and I hope to eventually do it for a living, even though it is really difficult. But as of now I am only 18 and have two finished novels. How many people can say that," said Myers.

'Rings' prequel to take silver screen Dec. 14 Jackson's latest installment to mimic others stylistically



This is it. My last column of the semester. Don't worry, I'll be back in January, but I still think I need a good sendoff. I need a book that I love and that lots of people love.

What book is popular enough right now? Obviously any book being made into a movie. Now, what is capturing people's interest, has a release date of Dec. 14, 2012, is directed by Peter Jackson and is called "The Hobbit ..." oops, spoiled that one.

"The Hobbit," by J.R.R. Tolkien. What is there to say about it? I'm assuming anyone who hasn't been living under a rock since 1937 has at least heard of it. For you rockdwellers out there, though, "The Hobbit' is the story of Bilbo Baggins, a respectable hobbit gentleman who is unwillingly recruited by the wizard Gandalf to help thirteen dwarves with rhyming names travel to their ancestral homeland, defeat the dragon Smaug, and reclaim their lost treasure. Along the way Bilbo develops into a true adventurer, and also finds the magic ring that would kick off the plot of "The Lord of the Rings" some years later. Yes, it's most wellknown as the prequel to "The Lord of the Rings," but it can be read as a standalone as well.

This is a wonderful children's book, and I mean that in a very positive way. It's a read-aloud type of story that everyone in the family can enjoy. A quest to defeat a dragon and reclaim lost treasure, a journey through the mountains, a riddle match to the death with a mysterious cave-dwelling creature, traversing an enchanted forest ... it's got all the material for adventure, but manages to keep the tone relatively light and enjoyable.

That's why I'm interested in what the movie adaption is going to do with it. They seem to be imitating "Lord of the Rings" stylistically and tonally, which was a much more complex series meant for a more mature audience. Remember the scene in "Return of the King" with the giant spider, Shelob? Well, there are giant spiders in "The Hobbit," too. Bilbo sings a silly song to taunt them while he hides. Now imagine Sam singing, "Attercop, attercop," to Shelob while he's brandishing a sword and Frodo's body is lying under her feet wrapped in webbing, and you begin to get the idea of the discrepancy here. I did some research on the movie recently, which consisted of me watching the trailers over and over in a gleeful fan stupor, and have decided to wait and see what happens, since so far it looks like it's going to be good.

Oh wait, I should have said, "THEY look like they're going to be good." The movies. Plural. Three of them. Okay, splitting books into two movies has become a thing lately, and there's enough material that's hinted in "The Hobbit" to be drawn out into a second movie. But three of them? I hope you know what you're doing, Peter Jackson.

On the other hand, I am not a book purist. I will stand by my opinion that the "Lord of the Rings" movies are better than the books, at least for what I consider to be entertaining media. The books themselves are entertaining in a different way that might be difficult for non-readers to understand. What I'm trying to say is that I'm not simply going to condemn every change in "The Hobbit" movie just because it's different than the book.

I'll even praise some of them. For example, did you know there are no women in "The Hobbit?" This always bothered me when I read it as a kid, because even though "Lord of the Rings" didn't have many women, they were all

pretty awesome and some of my favorite characters. The movies are going to change that, since Galadriel and at least one other female elf are confirmed to be in them. There will also be more characterization for the dwarves, which wasn't possible in the book since there were so many of them, but could work if spread across three movies.

The wood-elves will get their moments too, since the only one we saw in "Lord of the Rings" was Legolas. "The Hobbit" will have his father, the Elvenking Thranduil, as a major character. (Yes, Legolas will be there too. Be happy, Orlando Bloom fans.) Oh yeah, and there's a dragon. Was there a dragon in "Lord of the Rings?" I don't think so. You'll also see the origin of Gollum, one of the most famous characters in the series. Fun fact: the riddle scene in the first edition of "The Hobbit" played out very differently because Tolkien hadn't thought of the plot of "Lord of the Rings" yet. When his other books came out over ten years, he later rewrote the entire scene to make it fit in with the new nature of the Ring and the overall story.

There is a lot of information about Middle-earth and its creation that was never in "The Hobbit" or "Lord of the Rings," but that Tolkien had written down in his notes, which were published after his death as "The Silmarillion" and "Unfinished Tales." Content from these stories will be added to the "Hobbit" movies to provide more background to Bilbo's journey and connect it more to the events of "Lord of the Rings." This will be an exciting time for "Rings" fans, as characters who were mentioned but never appeared, such as Gandalf's wizard friend Radagast the Brown, will make their movie

As a story all on its own, though, "The Hobbit" is still wonderful,

▶ see HOBBIT page 11

On a quest for health Integrating daily tips and tricks



Challenge Accepted
Break the unhealthy habits
ALIVOGATSKY

In my column this semester, I have given you basic tips and ideas, as well as the truth regarding a few misconceptions on health and fitness. There is an overwhelming amount of information on these subjects, so much that it's hard to take it all in and successfully incorporate it into your everyday life. After reading blogs from many different health and fitness professionals, I find that their "a day in the life" posts are helpful. Although their lives are not so similar to ours here at Juniata College, it shows the idea that anything is possible. So without further ado, follow along through my ideal hectic Monday and see that it is possible to have a healthy life while in a college environment.

6:50 a.m. As I'm abruptly awakened by my obnoxious alarm, I sluggishly roll out of my bed and make my way to the mirror to put my contacts in. Now that I can see, I reach for a cold bottle of water from my mini fridge. This is the best way to wake your body up and get that metabolism boosted.

7:35 a.m. I'm dressed and ready to head off to my 8 a.m. class. Before walking out the door, I grab a banana and plain Greek yogurt, and I can't forget the bottle of water to keep me hydrated throughout the morning.

7:45 a.m. It's best to be able to sit and eat, but when the professor isn't a fan of letting the students eat during class and I'm pressured for time, I eat on the go.

7:58 a.m. I arrive at my first class in Brumbaugh Academic Center. After unpacking, I make an effort to log each meal or snack into my MyFitnessPal app in my phone. If not, I'll just write it in my notebook to record later.

8:45 a.m. My first class is nearly over and I'm losing focus. I try not to waste any time and before we are dismissed, I use my "down time" to make a To-Do List. On my list I include assignments, a time that I'll be making a trip to the gym, and dinner time. Making this list at the beginning of the day keeps my day organized and there's less chance of running into stress. It makes my day seem less chaotic overall than it really is.

9:55 a.m. After my second class of the morning, I can't overcome my craving for some sort of food or drink. I try not to ignore my cravings - it's okay to satisfy them, but make smart choices when doing it. So at Jitters, I order a SMALL coffee to go, with only a tiny amount of milk, and no sugar.

11:15 a.m. My third class of the morning is now done and my water bottle is empty, so I finally made my way back to my room in East Houses and try to relax a little. Taking advantage of the time you have between classes can make a big difference in the way your body feels. I grab a handful of Tostitos chips and a few quick dips of salsa, followed by a quick 20 minute nap. Even that will suffice to keep me going through the day until my work out later on.

12:05 p.m. In Baker Refectory, I'm dying for something to eat. My go-to food choice is the "Wok Your Way" line so that I can customize my own dish. For the day, my plate consists of 1/2 cup of rice, broccoli, baby corn, a pinch of garlic, water chestnuts, a little handful of spinach, and a few pieces of tofu. I add a little bit of olive oil and one tablespoon of soy sauce when cooking. Water is, of course, my preferred beverage. Although a drink with taste would be nice and juice isn't a bad choice, try to avoid drinking your calories in a soda or excess amount of juice.

12:35 p.m. I'm finishing my meal (remembering to eat at a slow

► see DAILY ROUTINE page 11

From OKCupid flames to pursuing more-than-friends Advice for negotiating first date awkwardness, no matter the romantic situation



You have been looking forward to Friday night all week. It has been a while for you, so this night is important. You talked to your best friends about the butterflies in your stomach, and they all reassured you that you will be fine. "Just be natural," was one of the many encouraging statements they told you. Still, the promise not to stress flies out the window as you begin to over-think your outfit choice for the occasion.

As you glance in your dorm room or bedroom mirror, you analyze your body. Every hair follicle is straight and your face does not have any traces of dirt or crust. You look at the time on your phone and you notice that you are ready 15 minutes early.

Sitting on your bed, you wonder: Am I really about to go on a date?

If you can relate to the person in this scenario, you first need to slow down and ask yourself: What is a date? Is a lunch date a date? I have always thought of a date as when two people set a time aside to get to know each other better, through conversations or attempting different activities.

For the most part, these two people are romantically interested in one another, and the goal of the date is to determine whether you want to bridge a connection or head to the nearest exit immediately.

Getting over first-date jitters is an obstacle for everyone. This will be the first official introduction in a romantic way for each of you. Some nerves are bound to happen with anything new, but you should not let that stop you from enjoying

The time, effort, and energy spent worrying over whether you answer every question perfectly or make sure not to stare too hard will cause your brain to fry on the spot. Don't stress yourself out over every small detail. I think the best way to have a great date is to enjoy yourself, and remember these handy suggestions regarding first date etiquette.

Personal Intentions: You have to ask yourself if this is a date or just "hanging out" with a good friend. The difference is crucial for several reasons, but mostly that you do not want to come into the situation expecting a different outcome than the other person. If you read my first column, I mentioned that communication is key for expressing your intentions for a romantic

If you are looking for a longterm commitment and your date is not, then telling him or her about this up front would be the right way to go. Do not wait until you are four dates in and then realize that your partner is not looking for anything serious right now. Come in with some understanding that the person's desires are similar to yours.

Personal Hygiene: This might seem like common knowledge but just in case, this is imperative to stress: do not, I repeat, do not go on your date without taking a shower. The worst thing that you can do is arrive and smell like you have just left a crowded, sweaty party at East Houses.

People often overlook personal hygiene, especially in college where we are more worried about completing a paper that is due the next day. However, forgetting to shower will not fly on your first date. Remember to shower, brush your teeth, press your clothes and look somewhat presentable upon arriving at your date.

Dating Activities: Personally, I love someone that can carry on a conversation. If I were to go on a first date, I would prefer it would be someplace public but intimate, where we can get to know each other one-on-one. I do not think that taking your romantic interest to a rock concert in State College or only to the Clifton 5 would be ideal to really connect with them on a personal level.

My personal preference is to go to dinner, but if you are looking to do something different, maybe go to the bowling alley in Huntingdon, located on 11862 William Penn Highway. It does not matter what you are doing on the date, as long as you are both having a good time and getting to know each other better on a romantic level. You should be able to talk to the person and not have to wait one hour in to ask them what their favorite color is.

Confidence: A key ingredient for any first date is confidence. When you talk to your date, do not speak softly or try too hard to impress them. Many people believe that a person needs to put on a front, and that is not the case.

Keep it simple by being yourself. Breathe, and approach them like you would talk to a friend. If you are going to dinner, ask them about their favorite foods, and what they would choose if they could eat anything for the rest of their life. Make the conversation fresh and fun, but it is important to try to be natural.

Have fun: I cannot say this enough, but you are supposed to be having fun while on your date. This is the prime opportunity for you to enjoy yourself. Even if you just end up being friends with the person, you can still meet someone and get to know them better. This is a great time to let your hair down and be comfortable with yourself.

Some of the tips that I have found for enjoying a date is to flirt. Batting the eyes, flicking your hair, caressing their hand, giving compliments, and smiling are some of the many basic guidelines for flirting. As long as the person is comfortable with the gestures, then

I feel that once you get past the introductions and become more comfortable as the date goes along, then you will be fine. The date will go smoothly as long as you do not stress, relax, and remember to try to be attentive to the person you are wooing. You will know how the person feels based on their body language and their responses to your questions. If anything, just try not to bore them. No one wants someone who cannot carry on a conversation.

So in concluding for my column for the semester, my advice for you as you go off onto the month longwinter break without my guidance is to enjoy the journey. Enjoy being single or being in a relationship. You will learn what works or what doesn't work for you through your own experiences. Good luck on your misadventure!

Research motivated by a return to childlike inquisition Raystown Field Station semester allows natural science POEs to do what they love 24/7



Seeing Green PAT OELSCHLAGER

"Daddy, why is the sky so blue today?" "Mommy, what makes the grass green?" "Where does the rain come from?" "Why do trees lose their leaves?"

Questions like these are common for toddlers to ask their parents as they grow up. A child's curiosity often serves as a catalyst for learning, sending children on a quest for knowledge and understanding as they interact with the world around them.

As a child, I know I must have been full of questions about the outdoors. I spent countless hours in my younger days just exploring the woods, fields, and creeks around my house and at our cabin in northeast PA, learning everything I could as I took in all of the natural wonder around me.

Today, as a junior in college, I am still fascinated by the wonders of nature at Raystown Field Station (RFS) as I engage myself in a semester-long residential program here. I am still spending much of my time in the woods, fields, and streams, learning everything I can about the world around me with the rest of the students studying here.

What makes me and my fellow students different from our inquisitive younger selves is not our tendency to ask questions. The difference is found more in the questions we ask. Everyone at RFS is required to participate in a semester-long research project, studying various natural systems

or phenomena and asking questions well beyond the simple wonderings of our childhoods.

Topics range from examining white-tailed deer populations at RFS, to evaluating the impact of invasive water plants on fish in Raystown Lake, to measuring the growth of new genetic strains of the American Chestnut tree that have the potential to resist the chestnut blight. But one thing in common amongst all the students here is that we are seeking to further understand something about the world around us.

Those studying the environment at RFS are not the only ones asking questions, either. Many students at Juniata from all departments seek to expand their knowledge as they move toward graduation and a future in their field of study. And countless students from colleges and universities all around the U.S. and even the world continue their pattern of childlike inquisition as they strive to learn all they can about whatever it is they choose to study. Government organiza-

tions, academic research facilities, non-profit organizations and many other groups spend millions of dollars and many hours learning all they can about different natural and environmental phenomena, as they seek to better understand

As humanity constantly expands its knowledge, old perceptions change as new things are discovered. What is seen as truth today may be disproven tomorrow: the world was once flat and the center of the universe, after all. And the quest to "get it right" is one that continues even today, with technology and all of the amazing wavs we have to learn about the world around us. The job of understanding the environment, or anything about the world we live in, is one that is never complete. Textbooks are rewritten all the time as so many new things are discovered.

What fascinates me about all of this is that in some sense, all of edge continues, it is important to these people are doomed to fail. remember not just the questions No matter how hard we study, no

matter how long we research, and no matter what grade we get on our exams, our papers, or our presentations, none of us will ever have answers to all of the questions that

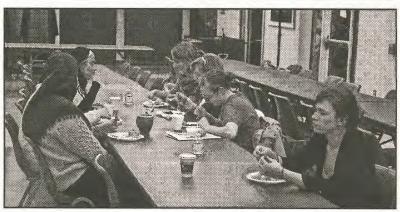
Sometimes this can be discouraging or even overwhelming. But as we continue to search for knowledge, we must remember that we are not alone in our endeavor. As students at RFS, we are privileged to have the help and encouragement of professors and advisors who help us as we ask big questions and search for answers. And as in any quest for knowledge, collaboration often helps to further the cause. Time spent with colleagues examining data sets is a chance to form friendships and connections that could last for years to come. Frustrations and stress are a chance to work through challenges similar to those that we are sure to face later in life.

As humanity's quest for knowlwe seek to answer, but the joy of searching for answers to those questions. It is also important to remember that what is "known" today may be only part of the puzzle which we are constantly trying to assemble, piece by piece. Students at RFS have the opportunity to spend time doing some of the things we love most as we conduct our research this fall. Boat rides around the lake on a sunny afternoon or hikes through the woods on a crisp October morning are parts of our research that for many of us would be enjoyable regardless of their academic relevance.

We will never know all there is to know in this world. But we can always strive to know more as we feed the curiosity that drives us. And we can always enjoy the process of learning as we grow from each mistake.

While the answers we seek are important, in the end it may be the process itself that teaches us the most. And there are new things to be learned about the environment and the world in general each day as we continue to ask new questions and learn all we can.

International Dinner





The Intercultural Potluck dinner that took place on Friday, Nov. 16 in TNT Lounge consisted of students tasting home cooked cultural food from around the world. Left: The students take their first delicious bites. Right: Students quickly line up after the food was brought into the dining area.

To pee or not to pee: why calls of nature should not be questioned Studies show prioritizing workload over basic needs can lead to UTIs and kidney disease



George is my guy. Regardless of how many exams and papers I have due the next day, I always find a way to make time for my daily walks with George. I am a strong believer that you will always find the time to fit the ones you love into your schedule—George makes me relax, he reminds me to breathe, and he has taught me how to appreciate the wonders of every day. I wish everyone could be as fortunate as I am and have their own George someday (if they don't already).

Although George has supported me all the way through since the first time we met, I do consider our affection to be mutual; George depends on me to satisfy his bodily needs. I cannot be one minute late, or he will already be barking at me. With his intrinsic canine instincts, George knows when he needs to go to the bathroom, and he is certainly not willing to wait. He seems to have a better understanding than many of his human counterparts of the importance of going to the bathroom as soon as the urge is felt. He seems to be well-versed of all the medical complications that may arise from holding in pee for too long.

It's not hard to note that there

must be a connection between the bladder and the brain, since a healthy person always knows when they need to go to the bathroom. More specifically, the brain sends signals to the bladder to let it know when it must release pee or keep it in

However, we have the capability to tell those signals to "wait a second." That can occur for various reasons, such as when you are in the middle of a three hour final, almost done acing an interview for the job of your dreams, writing the bibliography of a paper that is due in thirty minutes, or any of the various tasks that might seem more important than going to the bathroom.

We tend to underestimate the importance of urinating at the time we feel the urge. We tend to believe that if we have the ability to hold it back "just for a second," than it certainly means that the body can handle it. But that just isn't the case. The bladder is a muscle that serves to store the urine before excretion. As soon as the brain sends signals to the bladder to release the urine, the urethral sphincters (the circular muscles that surround and enclose the bladder) relax and allow the urine to flow out of your body.

But as soon as you think, "wait, I am driving and I can't pull over right now," your urethral sphincters contract, and keep the pee in. The longer the wait to pull over in the next gas station, the fuller your bladder becomes.

"Big deal, it can wait. Your bladder can stretch like crazy, right?" No and yes.

No, it really is a big deal.

And yes, the bladder can stretch from the size of a pear to the size of a grape fruit; however, holding that extra urine can cause several medical complications.

When the bladder becomes too full, urine may back up into the kidneys and cause the medical complication known as vesicoureteral reflux. One of the main problems with this reflux is that some people do not develop any symptoms, and those that do develop symptoms similar to those of chronic kidney failure or those that present in the case of a urinary tract infection (UTI). Some of the symptoms are dark or foamy urine, decrease in urine production, burning urination, fever, increased blood pressure and abdominal pain. As stated by Medline Plus (a service of the U.S. National Library of Medicine), people with reflux nephropathy may not lose kidney function over time, even though their kidneys are damaged. On the other hand, reflux nephropathy may cause kidney failure in both children and adults.

Vesicoureteral reflux, however, is not the only thing George was worried about when I took too long to get home that day. He was also worried about developing a UTI, which occurs when germs (typically bacteria) enter the body through the urethra and colonize the urine; the greater the

amount of urine accumulation, the higher the chance of bacterial colonization.

The symptoms of a UTI as reported by the U.S. National Library of Medicine are cloudy or bloody urine which might be accompanied with a foul or strong odor, pressure or cramping in the lower abdomen and sensation of pain or burning during urination. Antibiotics are used for treating a UTI; they are usually successful and the symptoms disappear within 24-38 hours after treatment has started.

UTIs are annoying -believe me, I know. But the annoyance of developing a common UTI should not be your only concern. UTIs can also spread to the kidneys, which not only increases the amount of time needed for symptoms to go away but it may also lead to life-threatening blood infections (sepsis), kidney infection and damage or scarring of the kidney. Signs that a UTI might have spread to the kidneys are chills, shaking or night sweats, fatigue, nausea and vomiting, fever above 101 degrees Fahrenheit and mental changes or confusion.

The Mayo Clinic, ranked number three in the country by the U.S. News and World Report in Urology (the medical specialty that studies the function and disorders of the urinary system), claims that there are ways to prevent UTIs, such as drinking plenty of liquids (frequent urination allows for the constant flush of bacteria before

they can start an infection), and for women, emptying the bladder soon after having sex and wiping from front to back when using the restroom, which helps prevent bacteria from the anal region from spreading to the vagina and urethra.

However, the best way in my opinion is to simply get your butt out of the chair and go to the bathroom as soon as you feel the urge.

Yes, going to the bathroom may seem annoying at times, especially when you are in the midst of something very important; however, it is time to realize that your health is also important. The goal of all of my articles throughout this semester was to deliver useful medical information to help you achieve a healthier life.

Take a moment to realize that it doesn't really matter if you reached the destination faster, if you aced that final exam/paper, or even if you got that job of your dreams. Because if you are attached to a hospital bed at the end of the day, that prevents you from fully taking advantage of those accomplishments. Keep that in mind the next time you decide to say, "you are just going to have to wait, I am too busy right now."

Now I leave you with one of my own quotes as my last remark for this semester:

"A knowledgeable brain achieves nothing when it lacks the ability to incorporate that knowledge into one's life."

-Clarissa Diniz, Nov. 2012

Unexpected trilogy: 'Hobbit' in three films

▶ from HOBBIT page 9

and I'm excited for it to get more popular through the release of these movies. Bilbo's adventures are so much fun to read, and Bilbo himself is a wonderful character. You'd never believe from the first chapter, where he panics over be-

ing late to teatime, that he would eventually be facing down a giant dragon with nothing but a magic ring and his quick thinking.

"The Hobbit: An Unexpected Journey," the first movie in the trilogy, will be released Dec. 14. But don't forget the book, since

this is a book column after all. When you tire of the bombastic effects of the big screen, and just want to curl up on the couch with some hot chocolate and a good book, look back to "The Hobbit." 83 years, and it's still just as good as it always was.

PAWS Spaghetti Dinner







MICHELLET. MEROLA/JUNIATIAN

Top Right: Juniors Lisa Bean, Sarah Rice, Laura Bitely, and Mollie Lewis enjoy some spaghetti at PAWS's Spaghetti Dinner Benefit for Hearing Dog Hattie. All money raised went towards the veterinary costs and treatment of Hattie's, a service dog, condition called Crohn's Disease. Left: Junior Max Hengler enjoys some spaghetti at PAWS' Spaghetti Dinner Benefit for Hearing Dog Hattie. Bottom Right: Junior Katie Hilands and Junior Jeremy Papuga enjoy good conversation and food at the dinner.

A day in the life of wellness

► from DAILY ROUTINE page 9

pace), and I'm not completely full. I take a trip over toward the breads and cereals for a slice of 12 grain bread, toast it, add jelly, and that's my filler just before leaving Baker.

12:50 pm. Just before leaving the dining hall, I ALWAYS make sure to grab a piece of fruit for later on in the day (banana, plum, apple.)

My last two classes of the day are at 1:00 pm and 4:00 pm ...

4:15 p.m. I've made it through my entire day of class, and take a quick break to collect myself and relax. I can't resist grabbing something to eat. As weird as it sounds, I almost always have dark chocolate chips in my snack stash. I'm addicted to chocolate and they're small, yet delicious and enough to satisfy my hunger without overindulging.

4:45 p.m. I'm dressed, with my sneakers tied and hair pulled back and I'm ready to get my exercise in for the day. On Monday, Wednesday, and Friday, I start my workout with a jog around campus. After using MapMyRun.com and tracing the route I wanted to run for the day, the run will be about two and a half miles (about 20 minutes).

5:10 p.m. I end my run in front of Kennedy Recreation Center. If I'm still up for more cardio, I'll jump on the elliptical for about 15 minutes. After that, for 20 minutes or so I always do a variety of ab exercises. These I have found through YouTube videos from ToneItUp, Blogilates, and other sources so I never run out of exercises!

5:45 p.m. Before I make my way back to my room in my sweaty workout attire, I stop in Muddy to grab dinner to go. I walk out with a spinach salad topped with red

pepper, carrots, cucumbers, mushrooms, a few pieces of tofu, and a little bit of mozzarella cheese, with a side of raspberry vinaigrette. I also have a piece of fruit as a side and water to hydrate.

7:30 p.m. By this time I've showered, gotten dressed and am ready to travel off to the other side of campus to study and do work. I pack my bag with books, a water bottle, and the fruit that I had gotten in Muddy earlier.

11:20 p.m. Within the past few hours, I'm still pretty awake and energized from my workout and I've gotten a good amount of work done. To resist the urge of getting a late-night sugary snack at Mocha Run or Jitters, I've been drinking water throughout the night.

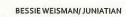
11:40 p.m. I know it's time to trek back to my room when the social networks and internet get the best of me. The walk from the library to East seems forever in the chilly Huntingdon weather, but a walk is refreshing at the end of the day.

12:35 a.m. On a good day, this is the time that I'm ready for bed. I need my rest, knowing that tomorrow is another exhausting day of this routine.

Clearly, there is not a fixed schedule that everyone needs to follow. The point is to understand that it is possible to incorporate the nutrition and fitness tips, tricks, and information you read and hear about into your daily life here at Juniata and your future.

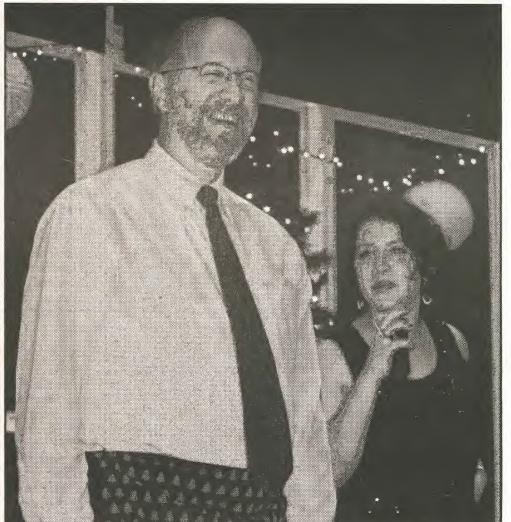
I challenge you to kick one bad habit each week or each month, and replace it with a new healthy habit in your daily routine. Do more of what makes you happy and healthy. Stop waiting for things to happen and go out and make them happen!

Madrigal 2012





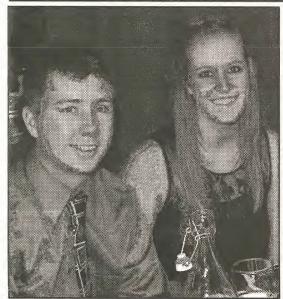


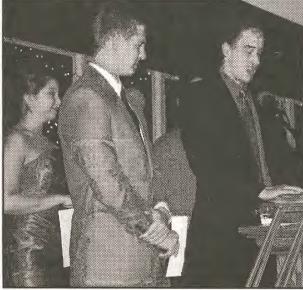


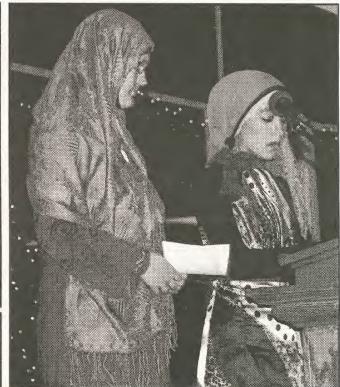














Ball rolls into home court in 2014 NCAA tournament Event offers a chance for Huntingdon to showcase itself on the national level

By ABIGAIL ROSENBERGER

On October 31st, Juniata was awarded the opportunity to host the 2014 NCAA men's volleyball national championship.

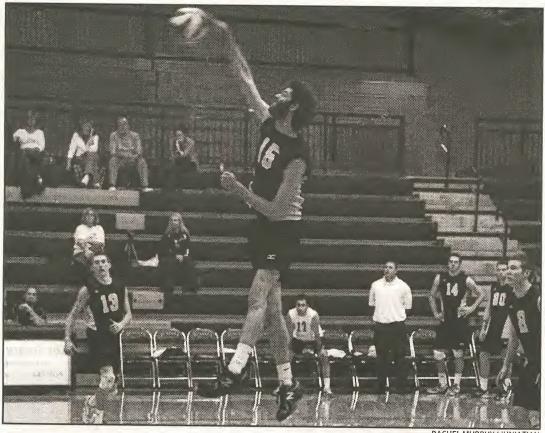
2012 marks the first time Juniata applied to host the NCAA men's volleyball championships. In order to be selected, Juniata had to submit an application in the spring to the men's volleyball committee. The committee evaluated not only Juniata's facility, but surrounding community

"Institutional support is big, can your institution rally behind the event," said NCAA representative Scott McKenzie. "The venue, so our facility here was taken into account, something as simple as the community we're a part of, the availability of hotel rooms, restaurants and campus and communities that are well involved."

Once the committee approved Juniata as a host site, Juniata's application was passed on to the NCAA championship committee. The committee is made up of NCAA personnel and athletic directors. Together, they decide the host schools for all the championships offered that year.

When the news was released to the public on Nov. 1, news spread quickly through the team.

"I was excited when I heard," said junior outside hitter Paul Ejups. "It's my senior year. Any athlete would wish for a home NCAA tournament their senior year."



Junior Ross Madden attacks the ball during the annual Blue vs Gold match off a set from freshman Matt Elias

"I knew it was a possibility, but I never thought it would actually happen during my time at Juniata," said sophomore middle blocker Joe Bortak.

Head Coach of Men's Volleyball Kevin Moore has been excited about the possibility of hosting an NCAA championship since his arrival at Juniata in 2010.

"It's an opportunity for the college to showcase itself for people outside of not just central Pennsylvania, but mostly the eastern part of the United States," said Moore. "This is a great opportunity for the school and the men's volleyball program to showcase what we are and not just from an athletic standpoint, but from an academic standpoint."

'Juniata is an institution that can be mentioned in the same breath with the term national

champion," said McKenzie. "It's a natural extension of that thought that we now can host national championship events."

"I would say that what makes Juniata a good place to host this is we have the experience hosting NCAA championships in the past" said Moore. "We know how to put on a quality product, so I believe our experience is what makes us a desirable place to

host a championship type event because we're fortunate to have people in place who know how to do this and know how to do this well."

When selecting a host location, the NCAA also must take into account state laws. Most recently, the NCAA has come into conflict with the state of New Jersey because legislation was proposed that would legalize sports gambling.

"Legalized sports wagering is not something the NCAA supports. The NCAA strives not to hold their championships in states that have legalized sports betting," said McKenzie. "A natural extension of that desire not to have your athletes bet is to not hold your championship events in states that make that legal."

In order to send a message to New Jersey, the NCAA relocated six scheduled NCAA championships for the 2012-2013 season. This includes moving the division. III men's volleyball championships from Stevens Institute of Technology to the Massachusetts Institute of Technology (MIT).

"I think they're trying to get the state of New Jersey to realize okay, maybe it's not worth having this law or giving our citizens the ability to do this if we're going to lose this kind of exposure," said McKenzie.

To make the most of the exposure associated with hosting an NCAA event, McKenzie believes

Baker High School. He currently

▶ see NCAA page 15

JCWVB season comes to close

Women fall in second round of NCAA tournament to Emory

By Breanne Hileman

Juniata College women's volleyball team left everything on the court during the second round of the NCAA tournament against Emory. Although they fell to Emory, they took their pride with them and have high hopes for

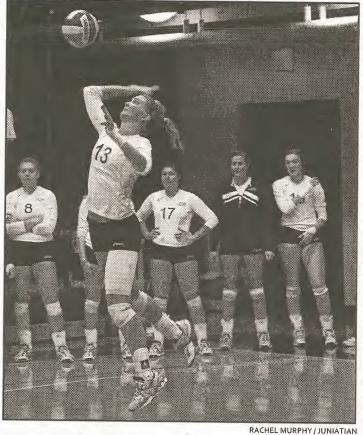
The hard work of the players and coaches led a young team to an overall successful season, including winning an impressive 32nd consecutive Landmark Conference Championship.

Assistant coach Steph Strauss said, "There were a lot of ups and downs throughout the season. I think that it was a learning experience for everyone. I think that by the end of the season we got a lot better. We played some of our best matches at the end of the season."

"We had a lot to teach this season because we had a lot of freshmen and only nine returning players. By the end of the season, we were pretty good. That was the fun part; to see everyone come together and play really well," Strauss said.

Matches that went to five sets were a struggle for the team throughout the season, going 5-6 in five set matches throughout the year. Those six accounted for half of their entire losses on the year.

Junior setter Sarah McCarthy said, "I think we need to work harder in the off season and try to be in better shape so that we will



Senior Kelsey Fuller serves for Juniata in one of her last home matches. Juniata fell to Emory University in the second round of the NCAA tournmanent.

not fall at the end, and we can be the team that pushes through."

"I think we can always be in better shape. You can never be in too good of shape. I think that with how many five game matches we played, it was very taxing by the end of the season. We didn't have that pop that we needed at the end to get us past

those better teams," junior middle blocker Courtney Lydick said.

Sophomore libero Brittani Young said, "As the season went on, I think that we were better at winning the 5 gamers. At California, we won two out of three. I think our experience will

▶ see VOLLEYBALL page 14

Freshmen to watch Rookies to make immediate impact

By CHRIS BEALL

Legends such as Steve Young and Brett Favre never played as rookies. They sat behind guys that were believed to be better than them until it was their time to shine. However, guys like LeBron James. Cam Newton, and Adrian Peterson made it look easy to step in their first year and be productive. It is not very likely to go anywhere, whether it is college or the pros, and have a significant not in favor of these rookies to make an impact to the new level of competition. Usually their time as rookies is used to adjust to the new speed and level of competition of collegiate athletics. These are the student athletes at Juniata that defy those odds.

Cody Cooper

Cody Cooper is a freshman forward on the men's basketball team. Cooper hails from State College where he attended State College Area High School. He was named one of the captains his senior year at State College and was a significant member on two District 6 Championship Teams. During his senior year, he was selected to the Altoona Mirror All-Star Team. Cooper currently leads the freshman on the team in minutes per game.

Ryan Shelton

Ryan Shelton is from Baldwinsville, NY and attended C.W.

is a setter for the men's volleyball team. In high school, he received scholar athlete recognition all four years of high school as a member of the men's volleyball team. Shelton earned a varsity letter his freshman, sophomore, junior and senior years. At his school, he holds the single season assist record, single match assist record, career assist record, and career assist per game record. He also holds the single season ace record. In 2009, Shelton's impact as a rookie. The odds are team won the Section III title and finished fourth in the state of New York. In 2010, he was named to the CNYCL Honorable Mention and First Team All-Section III. In his senior season, Shelton was again named to First Team All Section III, as well as CNYCL First Team All-League. ton also led the region in assists his senior year. He was named captain of his high school team during his junior and senior years. He also participated for a nationally ranked club team, the Pace Bootlegger, based out of Rochester, that finished 5th in the country at the 2012 Junior National Championships that were held in Dallas, TX this past summer. Shelton was co-captain of the club team with UCLA standout freshman, Steve O'Dell.

Natalie Hager

Natalie Hager is a forward for

▶ see FRESHMEN page 15

Improved 2012 campaign gets JCFB back on the horse

After best record since 2003 a revitalized team looks to continue momentum into off-season

By Dimitri Ross

The Juniata football team made a huge stride this year finishing with a 3-7 record. They plan to take that progress and do bigger and better things next season.

This football season was a change of pace for the program. The team's 3-7 record was the best in some time. They also came within one touchdown of victory on two other occasions. The success has created a different energy about JC football around campus.

"This season was different from any other year here for me. From day one it was a different feeling in the locker room which gave us some confidence. We knew we had a shot to do some things this year and that translated into a better performance on the field," said senior Julian Valdiserri.

"We all knew that we were capable of doing some good things coming into this year. It was just a matter of us remembering that throughout the year. I think we did a good job of playing confident which helped us pick up some wins. Hopefully we can expand on that next year," said sophomore Isaiah Slutter.

The team should be able to do just that. They have a lot of experienced players coming back who are prepared to prove a point next season.

"We are fired up for next season. We believe we can compete with anyone and we can't wait to get back out on the field," said junior Kevin Gorman.

"With all the returners we have next year could be special. It always helps to have a big group of guys coming back. Then the majority of the team is familiar with the system and it helps the freshmen adapt as well," said sophomore Derek Schultz.

While they have experienced players coming back they are losing a few as well. It always hurts to lose seniors, especially this class. The class produced some great football players as well as great people. Each senior has left their mark on the program.

"I will forever miss Juniata football. I had some of the best times of my life with my teammates. The relationships that I have built mean a lot to me. I will continue to follow the program even though I'm leaving. I will always be an eagle," Valdiserri said.

"Our seniors will definitely be missed. Those guys really cared about the program and we want to keep improving on what they helped us establish," said Schultz.

The team's consensus seems to be that the biggest change from prior season to this one was attitude. The team believed in each other and knew they put in the work to be a better team.

"Everyone came in this preseason ready to work. From day one the standard was set that everyone was going to work hard. We were all sick of losing and were not going to stand for it any more," said Slutter.

"Nobody works as hard as us. It gives us a sense of confidence out

there knowing that we deserve to win just as much as anyone else because of the work we put in," said Gorman.

Following this season the team has set some goals for themselves. The main one for them is to simply continue to get better.

"Our focus is to just control the things we can control. We can only control the attitude we have and how hard we work. If we have those things in order the rest of it will take care of itself," said Schultz.

"We just need to keep getting better. At the end of the day we won more games this season, but we want more than that. We want to keep building the program so that Juniata is seen as a contender for years to come," said Gorman.

Men's basketball starts the season off with a hot hand Contribution from a multitude of players and strong defense leads to early success

By T.J. WATKINS

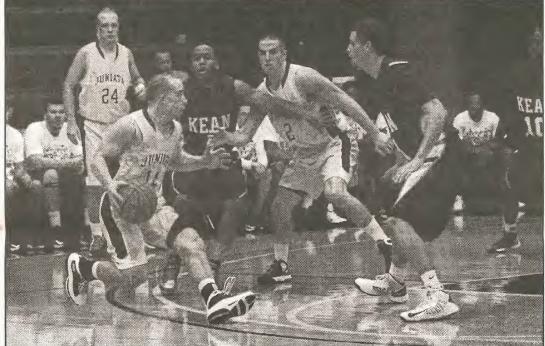
With high flying action the men's basketball team soars to a record of 5-1. The eagles were undefeated before falling to Moravian on Dec. 1. Many things have contributed to the men's basketball team's early success. They have their own sets of strengths and lists of things to improve upon to become even better.

Junior guard Jeremy Hays attributed the success to the quality play of its team members, "We have 7 guys who have given us really good minutes. We have a lot of guys off the bench who can come in and also give productive minutes."

Senior guard Alex Raymond believed the team's early success was due to their balanced playing style. He said, "Our early success is due to our balance and tact. Any player on our team at any time can go off on any given night. The more balanced we are the more successful we can be."

Head coach, Greg Curley, was of a similar opinion to both of his players, "We've returned a veteran group of players, that have played a lot of minutes. They understand what it takes to win and have a really good grasp of our concepts and what we're trying to do."

Curley also talked about the team's strong attitude and work



RACHEL MURPHY / JUNIATIAN

Senior Alex Raymond dribbles the ball around a Kean defender while juniors Kevin Stapleton and Brian Scholly keep the Kean defense at bay. The Eagles defeated Kean 53-49 as Scholly led the way with 17 points and 5 boards.

ethic, "I think we have a group of guys that knows how to compete, that wants to work hard and wants to be good. I believe our early success is a product of that ambition, effort and attitude."

The men's team has also found success with its younger members both on the game floor and in the practice gym.

"In practice the freshman are

really competitive against us and give us some good looks against what we're going to see for our next game," said Hays.

Curley also thought the impact of the younger players was crucial for the teams continued success. "If we want to keep succeeding that's where we have to improve. The next layer of guys has got to step up, mature a little

bit and understand the approach and preparation."

The men's strength lies on the defensive side of the court. Hays said, "To keep winning our offense has to keep making shots, but our defense is the main thing. If we can defend and keep the other team from scoring then we have a better chance of winning than just trying to run the score up."

Raymond said, "Our defense really sets the tone for us. We dictate the game defensively. Our offense comes to us. So we feel as long as we're playing our defense and stopping the other team we have a good chance to win."

The team's ultimate goal is a Landmark Conference Title. More than that they want to play and be the best team that they can possibly be.

Raymond said, "Our first goal is to win the Landmark championship. It hasn't been done in school history so we'd like to get that first one, and then from there go as far as we can in the NCAA tournament as we can. Really we just want to be the best team that we can be."

Curley said, "Our goal is the same as always. We want to win a landmark championship. Our bottom line goal every year is that we walk away from the last game knowing we did everything we possibly could, and got the most out of our abilities and opportunities. We're at the point here where we're ready to cut a net down and take the next step."

With an impressive start to the season the sky is the limit for the men's basketball team. It is going to be an interesting year for Juniata basketball. Let's wait and see if the team can pull it off and "cut down those nets."

Looking to improve in five set matches in future as young players mature

▶ from VOLLEYBALL page 13

increase in the next few years being in those situations."

Strauss felt that the youth of the team might have played a role in the five set struggles. "It was hard this season because they were not in the best shape because a lot of them were freshmen and that is expected."

"They do not have that strength base yet, but coming this spring, they will have that strength base so we can push them a little harder. I think that will help with the five game matches and plain endurance," Strauss said.

The team as a whole underestimated their strength this season coming into the NCAA Tournament, leading to their loss to Emory.

"I do not think that there was a team out there this year that was better than we were. Juniata was Juniata's biggest enemy. We shot ourselves in the foot many times. We did not take the opportunities that we should have," Young said.

Lydick said, "I think that we could have had more confidence in ourselves. I think that when we were down by a couple points we would lose confidence. I think that |believing in ourselves and believing in our teammates would have really helped."

"I think other teams had more confidence and belief in themselves. We have all the athletic talent that we need. We need to believe that we are as good as we are. Sometimes we doubt ourselves," Lydick said.

Strauss felt that the team as a whole improved throughout the season and overcame many weaknesses. "Our blocking got a lot better this season, especially compared to last year. This is partly because we are more physical at the net. We had some bigger blockers who were able to handle the bigger hitters."

"I think that Brittani Young, our libero, got a lot better throughout the season. She really picked up her game and by the last month of the season she was very good," Strauss said.

"Our opposite, a sophomore Amelia Kepler, is a totally different player this year. It was fun to see. She is more confident and she took control of a lot of games, and that's what we needed her to do," Strauss said.

As a whole, the team is very proud of their accomplishments. The players and coaches are excited to learn from their mistakes and weaknesses this season to improve before next season.

McCarthy said, "I think that without Kelsey Fuller, people will start to step up because there is such a big role to fill. People are going to want to be like her and try to step up and get the job done, which is what Kelsey did really well."

"I think as one of the seniors coming up, the four of us as a group will lead the team. Kelsey will be a big loss because she is a great player but I think that we have younger players that will step up and try to fill her shoes," Lydick said.

McCarthy said, "I think that we

were proud of how we played, especially given the circumstances of everyone being hurt. I think we were proud that we still came out and fought instead of lying over."

Strauss said, "I think they know how much work we have to do. If they want to get to that next level and win the championship that they want, there are many little things that we need to do on the way."

"Next year, it will be a lot different and I am pumped for that. I think that we were upset with the outcome, but we laid everything out on the floor. We laid our hearts out on the floor, and I think this made us proud of ourselves. I think that we are going to be a powerhouse next year," Young said.

Women's basketball picks up right where they left off Strong start leads to hopes of bringing home landmark championship in 2013

By T.J. WATKINS

Three pointers and lay-ups are the currency of the women's basketball team and they are definitely cashing in. The Eagles started out the season in a spectacular fashion. The team started the year on a 4-0 run before falling to Moravian on Dec. 1 for their first loss of the season.

Head coach Danny Young-Uhrich believes the woman's early success comes from an athletic group that knows the game. She said, "We're athletic, there is a lot of talent on our team. We have a core group that can get things done. The girls know how to play the game.'

Senior guard Natalie Glinsky believed that the team's early success was due to the return of experienced players as well as the rise of new players.

Glinsky said, "Experience has contributed to our early success. We know how to win ball games. We always run the floor well. We have experience and talented young players."

For the women's team athleticism and shooting ability are a key part of their play style. "The girls can put the ball in the hole. They can definitely score." Young-Uhrich said.

'Shooting is one of our strong points we have excellent three point shooters," Glinsky said.

Even though their offense is very



RACHEL MURPHY / JUNIATIAN

Junior Katie McDonald (upper-left), sophomore guard Kelsey Livoti (middle) and sophomore Alix Sellers (right) work on their jump shots in the practice gym.

good there are still a few kinks the girls are trying to work out before they can fully reach their potential.

"We are struggling with our offensive concept because we are such good shooters sometimes we stand around instead of working the ball around, but we are very offensive minded," Young-Uhrich said.

Finding a scheme that fits their personal is one key thing they are trying to improve on. Young-Uhrich said, "What's holding us back right now is finding our way and figuring some things out. We have an unorthodox system. Normally teams have balance in the front court and back court, but we only have 3 post players. It's figur-

ing out how to put people in, figure out rotations, and knowing roles."

The women would like to bring a Landmark Conference Title to Juniata after falling just short after an amazing 2011-2012 season.

Glinsky said, "Last year we were undefeated in the conference, but we still need to get that conference championship. That's definitely a

goal for this year. Also we'd like to go further in the NCAA tournament than we did last year."

Starting off with a bang the women's basketball team looks poised for another impressive and entertaining season. Watch for the eagles to continue their success and make a push for the conference championship.

Winter sports bring fresh faces, new talent

▶ from FRESHMEN page 13

the women's basketball team on campus. She was a significant part of her team in high school. She comes from Franklin, PA where she attended Franklin Area High School.

She earned several awards while in high school.During freshman and sophomore year she earned a place on the All-Region team and was a part of the Elks Tip-Off Tournament All-Tournament Team. Her junior year she was named to second team All-State, the All-Region team, the McDowell Christmas All-Tournament team, and the Menassion All-Tournament team. Her senior year she pulled in second team All-State honors, named to the District Ten team and was region player of the year.

She was also named to the McDowell Christmas tournament MVP, and the Elks Tip-Off Tournament MVP. In her career at Franklin, she was a 1,000 point scorer. She was also a pivotal part in her team earning the District 10 championship.

Eric Ragussa

Eric Ragussa is currently a guard on the men's basketball team. He comes from Collegeville, PA and attended Perkiomen Valley High School. During his time at Perkiomen Valley, Ragussa was named to the All-League team during his junior and senior seasons. Ragussa also earned the honor of being named the team MVP for his sophomore and senior season. He currently has an assist and a rebound for the Eagles basketball team.

Maria Photiades

Maria Photiades is a guard for the women's basketball team. Pho-

tiades hails from Abbotttstown, PA and went to Delone Catholic High School. In high school she earned the honors of being named to the Gettysburg All-Area Basketball team for junior and senior seasons. She was also named to the All-Tournament team for the Jim Ellis Shootout Tournament in Altoona her sophomore, junior and senior year. Not only did she pull in those awards, but she was also named to the Patriot News PIAA District 3 All-Tournament team her junior year. She was also a vital member of her team when they were the District 3 runner up her senior year. Photiades currently leads freshman in minutes, points per game, is second on the team in three point percentage and is third on the team in assists per game.

Christine Whiteman

Christine Whiteman is a free and a fly stroke swimmer on the women's swimming team on campus. Whiteman is from Delmont, PA and went to Franklin Regional High School. She was a very crucial part in helping her team winning their section all four years that she was on the team. She also had the honor of being named captain her senior year.

Chad Albert

Chad Albert is a middle blocker for the men's volleyball team. He comes from Cranberry Township, PA and went to Seneca Valley High School. While at Seneca Valley, Albert played a key role into success that his team had. His team placed first and second in all tournaments that they competed in his senior year, they were section winners for his junior and senior year, advanced to the first round of the state tournament his junior and senior seasons, and were semifinalists for the WPIAL title during his senior

During his senior year, Albert helped his team to be ranked in the top ten teams in the state and top 50 in the nation. Albert also earned All-WPIAL his junior and senior years, first team All-Section his junior and senior years and All-State honors his senior year. He also was named to the All-PIAA Fab 40 team his junior and senior years.

Emily Nye

Emily Nye is a free and back stroke swimmer on the women's swimming team. She is from Shippensburg, PA and went to Shippensburg High School. Nye is already making an immediate contribution to the swim team. Nve earned the Landmark Player of the Week honors during the first week of competition. She had a huge part in helping the team to top Division II Mansfield University.

Paige Dennison

Paige Dennison is currently a member of the women's basketball team. She also plays guard for the team. Dennison is from East Berlin, PA where she attended Bermudian Springs High School. She earned first team Gettysburg All-Area team honors. While she was in high school, she eclipsed the 1,000 point mark and averaged 14 points per game. She was also a member for the YAIAA all-star game along with now teammates Photiades and Karli McFatridge. She has played in five games for the Eagles totaling 56 minutes. She has pulled in six rebounds and has dished out

Staying focused on 2013

▶ from NCAA page 13

it is important to attend the 2013 championship at MIT.

"We can pick the things that they did well and incorporate them into our plan, and note some of the things that they don't do well and make sure we don't repeat those mistakes," said McKenzie. "They award the bids this far out to give the host the most opportunity to learn the most about the event so when they do host it, they know what they're doing."

While Juniata has hosted championships before, this is the first time they will host an NCAA sponsored men's volleyball championship. Before the first NCAA division III men's volleyball championships began in 2012, teams competed for one of three spots in the Molten men's volleyball championships, with the host team earning a spot automatically.

"The way that this championship is different from the Molten championships if you host it, you had to cover the cost, so you were given a spot in the final four," said Moore. "There is no guaranteed place for our team in the NCAA championship, so we will have to earn it."

While 2014 offers something to look forward to in the following year, the team will have to remain focused on their current season, rather the future.

"You want to be sure you're there. It would be like having a party at your house that you didn't attend," said Moore. "

"I think we have to stay focused. Winning a National championship is a long term goal, and we have plenty of short term goals we have yet to accomplish," said junior libero Ben Krouse.

"First we have to get through this season, make sure everyone is healthy coming back, using this year as a tune up year for our freshmen," said Bortak.

Moore hopes hosting the NCAA championships will not only impact the team's focus and work ethic, but also have a positive impact on recruiting.

"It's a great sell, come here as

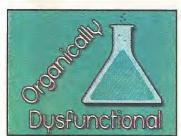
It's my senior year. Any athlete would wish for a home NCAA tournament their senior year.

- Paul Ejups '14

a freshman, we're hosting the NCAA championship as a freshman. I hope the impact this year will be with recruiting, I hope the impact next year will be that we brought in a strong recruiting class to add to the experience that we have currently on the roster and it will serve as a motivator."

With a new, strong recruiting class and a more experienced upper class, Moore hopes the team will have the tools it needs to succeed in earning a spot in the NCAA tournament.

"I think that's something I look forward to, to provide that kind of experience to the guys on the team," said Moore. "It would be a great atmosphere here. for the fans to come out and support the program."



16

We all love JC, but it's hard to deny that we all get excited to go home during breaks, especially since we see statuses like "I HATE ALL OF YOU, GOING HOME, NEVER COMING BACK" pass along our news feed. The question is though why do we all love home so much even ofter all home so much, even after almost all of us were dying to get to college by the end of Senior Year (I think I started getting my bout of Senioritis around 4th grade, I mean after long division the rest is just filler). Here are the 15 I

came up with.

The funny thing is by the time your aunt has pinched your cheeks for the third time, and your parents tell you to pick your clothes off the floor you remember why you wanted to leave in the first place. This moment came to me in the form of my aunt asking me when I was ready to get married, and how she knew a nice girl back in India who's family owned two mango trees that would be just perfect for me. You know, because any good marriage needs its fair share of mango consumption. All I can say is, is that it is good to be back, and since this is the last edition before then end of fall semester I wish you all happy Holidays, and I ask you all to return the favor by praying that I come back in the spring without a change in marital status. Seriously though, pray.

Top 15: Reasons Why Being Home Is So Great

By: Kunal Atit

- The food isn't made by kidnapped Chem majors (Sodexo I'm on
- Saturday night has nothing to do with East.
- Your room doesn't smell like a lab facility ... that deals with nuclear waste.
- No Baker.
- No sexiling ... just knock on your parents door before walking in.
- Your clothes are actually cleaner after you do laundry.
- Did I mention no Baker?
- The kid down the hallway isn't blasting 2 Chainz (if you like 2 Chainz, Juniata should rescind your acceptance).
- The showers don't seem like they were transplanted from the local prison.
- 10. There are no surprises when you walk into a bathroom stall (Does not apply to those with younger siblings).
- 11. Walmart isn't the biggest tourist attraction.
- 12. Studying ... Jokes, if you took books home chances are they didn't come out of your backpack.
- 13. Sleep, I was forgetting what that was like.
- 14. Some time away from your roommate, who you're pretty sure eats little children at night.
- 15. Nothing is being regurgitated.

Holiday Cookie Horoscopes:

Foreseen by local prophet Miya Williams



Chocolate Chip: Your favorite holiday cookie is chocolate chip. You love the texture. Even more, you love how there is just the right amount of cookie and chocolate; not too much and not too little. You will have a balanced break this holiday season.

Sugar: Sugar cookies have always been your favorite. You love the shapes and yummy frosting on top. Everyone says that they're plain, and that you are too for liking such a boring cookie. Fed up, you'll make them eat their words with some raunchy cookies. A not-so-cookie-cutter experience is in your future.





Gingerbread: You love gingerbread men. It's something about the flavor, color, or the fact that you secretly love eating tiny cookie people that makes you scarf them down. This holiday season, you'll definitely have your fill and more! A fiery redhead is in your future.

THUMBS UP, THUMBS DOWN



Thumbs up to the light show in BAC: it's great to actually want to visit an academic building for a change.



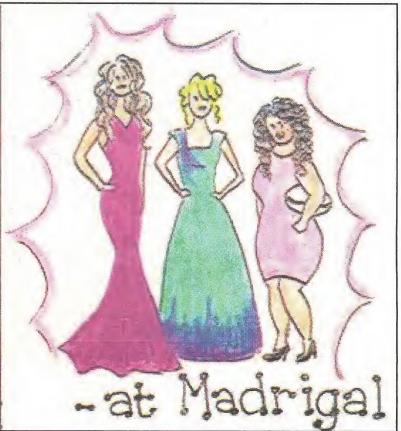
Thumbs down to a fight breaking out at the Madrigal dance, way to make our classy tradition into something sloppy and disgusting.



Thumbs down to the signs in Baker and Muddy basically telling us to go fork ourselves, that's not very knife of you and we'll be seeing you very spoon, Kris Clarkson.

By Mollie Ehrgood













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THURSDAY, FEBRUARY 21, 2013

Meet the new president: Juniata welcomes Dr. James Troha Troha emphasizes greater transparency, global engagement, academic excellence

By Dylan Stroman

On Nov. 20, 2012, Juniata College officially named Dr. James Troha its 12th president. Troha, the current vice president for institutional advancement and university relations at Heidelberg University, ultimately excelled beyond the vast pool of qualified applicants after a thorough 14 month search process.

"We are very excited and humbled to be a part of the community, and we feel so embraced because we are outsiders. I'm not a graduate [of Juniata], but people have welcomed us with open arms," said Troha.

Despite the fact that Troha has only been to campus twice, it is clear that he has done his homework. His overall attitude reflects Juniata's ideals harmoniously. When describing his game plan for Juniata's future, Troha stressed the importance of administrative transparency, global engagement, strong academic programs and ample incorporation



Incoming president Troha and Trustee Robert McDowell meet Owen Wetzel, son of Assistant Professor of Communications Sarah Worley, at a meet-and-greet in Sill Boardroom. Troha, his wife and children were present.

of technology.

"As an administrator, I believe that our work should be the work

of the campus community. Anything I can do to communicate and/or share that brings people to

the table for dialogue and information sharing, the better. You can't do that if you are making decisions or having conversations in a vacuum," said Troha. "Transparency will be key. The other thing is study abroad and the importance of being engaged globally."

Troha also stressed the importance of improving Juniata's academic programs. "We have got to take a really hard look at our academic programs, making sure that we're relevant and making sure that what we are offering meets the demands that are out there for students," said Troha.

When discussing technology, Troha mentioned the importance of incorporating technology both inside and outside of the class-room. "How we incorporate technology is going to be a challenge. It is something that I am very interested in finding more about how we do that here. Students demand it," said Troha.

Before making headway on these ambitious tasks, Troha emphasized that his foremost objective will involve properly

▶ see TROHA page 3

Get your liquor quicker Gov. Corbett pushes privatization

By SAM WILLIAMS

On Jan. 30, Governor Tom Corbett unveiled his plan to privatize the liquor industry in Pennsylvania, which would make alcohol sales legal and available at many new locations across the state.

This new legislation would allow the sale of alcoholic beverages such as wine and beer in private wholesaler stores in Pennsylvania. This means that local Wal-Mart, Weis and Sheetz locations may soon be stocking their shelves with alcohol.

Pennsylvania is one of only two states without a privatized liquor industry. Three previous governors have attempted to privatize the industry, but none have been successful.

Students have mixed opinions on the new measure.

"I think it would be good for the state to move away from owning the liquor and alcohol (industry) in general because they wouldn't have to pay the employees," said junior Paige Williams. "They wouldn't be absorbing the costs of the industry."

"I think that we should keep it the way it is because greater access to alcohol would not profit our state as a whole," said sophomore Shelby Miller.

While the average consumer may benefit, existing distributors and spirits stores are not in support of the change. Should the law pass, standing state-owned liquor stores will be closed indefinitely. Beer distributors would now have the convenience of selling six-packs and other liquor, but will have to compete with gas stations and grocery stores.

Jim Giacobello is the owner of J.S. Giacobello, Inc., a beer distributor in Mount Union, PA. "It's going to kill the small distributors. Only the big distributors can afford to sell liquor," said Giacobello.

Some students empathize with the businesses and employees. "There's a lot of cons that come with this plan," said junior Melissa Janeda. "As of right now, I think it would be better to leave it alone until another plan is drafted that wouldn't be so disruptive."

Betsy Whitsel is the owner of the Cassville Country Store. "I don't know why the state would want to give up control unless it's going to generate higher revenue," said Whitsel, "I can't understand how the loss of those employee positions will generate more revenue with less workers."

"What's going to happen to all the state liquor employees? [The state] is currently making money," said Giacobello.

"If I needed to sell it to keep my customer base, I would. If one

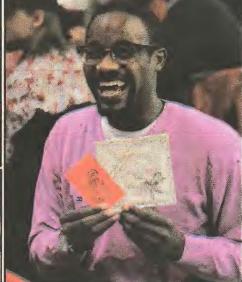
▶ see LIQUOR page 3

Chinese Spring Festival Dinner











SUNGOUK PARK / JUNIATIAN

Top left: Wang Hengying, Zhuang Ke and Zhu Xian are well dressed up in traditional Chinese Chi-pao dresses at the Chinese Spring Festival Dinner in Baker Refectory on Saturday, Feb. 9. Top right: Emil Nagengast and Kati Csoman are posing with the panda. Middle left: Katelyn Hilands, Aaron Womer, Samantha Buck, Janine Espiritu, Diane Nguyen and Virginia Robbins are enjoying their time during Chinese Dinner. Bottom left: Angela Myers, Hannah Hostak, Diane Nguyen, Xiao Bai Long, Liz Twigg and other students are singing Chinese songs. Bottom right: Schuyler Beauvais-Nikl is getting a prize from a raffle.

NEWS 1

OP/ED 8

Campus Spin 9

ARTS & ENTERTAINMENT 11

SPORTS 13

BACKPAGE 16

Apple vs. Appserver: students lament loss of MS Word

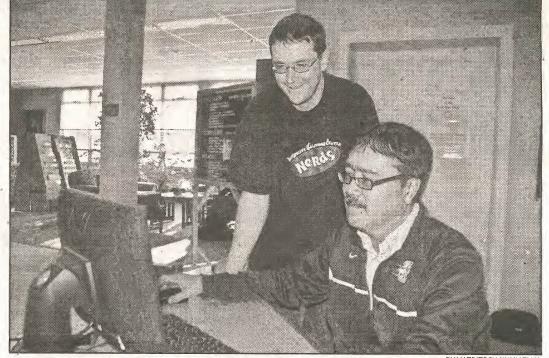
Recent changes to computers, access to printers spark mixed reactions to new technologies

Juniata's academic scene is being updated by new technologies in the hope of providing students with access to a multitude of information and increasing interactions between students and professors.

These changes include the addition of Mac computers and the implementation of school-sponsored iPads in coordination with classes, which are making old college traditions like printed syllabi mere relics of the past.

However, the movement to increase technology on campus has not been without its challenges.

"Initially we had all PCs in the library, but when Microsoft came out with a new licensing scheme we decided to purchase new Mac computers to forgo the costs of purchasing the new Microsoft license," said David Fusco, associate vice president of finance and operations. "The real challenge was connecting these machines to the Internet and connecting the machines to AppServer, which allows for a



Joel Pheasant, director of the technology solutions center and John Mumford, library director utilize the Macmini computers in the library. The basement computer lab, which houses the Writing Center, has also been upgraded.

In addition to the Mac comput-

variety of programs to run on ers installed in the library, sound throughout systems campus have been replaced. Further-

more, a new Mac lab has been installed in BAC to facilitate the Digital Art and Digital

'The Mac lab located in BAC a vital tool for me personally," said sophomore Catherine Scholl. "I am currently enrolled in Digital Art and these state of the art computers allow me to work on the same interface that many professionals do. The benefits of these new technologies are unquestionable."

Juniata has recently begun to provide students with iPads facilitate learning specific classes.

"Last year we bought eighty iPads and encouraged faculty members to apply to use these iPads in their classrooms," said Fusco. "We plan on gauging how successful infusing iPads into class is through this test run."

One class, Nonverbal Communication, uses these iPads to assist research and projects.

"I am enrolled in the Nonverbal Communications class and the benefits of the iPad are immense," said junior Courtney Lydick. "I've already used the iPad to assist me

▶ see TECHNOLOGY page 5

Do-Tel project offers opportunites to discuss faith, fellowship Campus ministry group promotes thoughtful and engaged living through Christian values

By Spencer VanHoose

The Doing Thoughtful and Engaged Living Project, better known as the Do-Tel Project, is a small group of students who look at the intersection of the Christian faith and the world that we live in.

"We examine all things in the world and if it is the way God intended it to be," says Lisa Hershey, a staff member of Campus Ministries. The group discusses topics that are not typically mentioned church environment.

"There is nothing we won't discuss," says Lindsay Monihen, who co-leads the group with Hershey. Even though they come from a Christian perspective, the group is welcoming and friendly to those who are not of the Christian faith.

Hershey says they focus on what students' faith has to do with their POEs.

"God does care about it and cares that we are doing these things," said Monihen. "The group gives students tools to integrate their faith into life, and it provides a great challenge that is worth making those connections."

There is a misconception that is group focuses on counseling. Monihen said they had one session on the practice of counseling that was led by Reverend Witkovsky. Most of their talks involve current events, controversial topics and discussions about POEs.

These topics are "stand alone," which means that every night a different topic is generated. This gives free-range for students to attend so that if they skip a meeting, they will not be behind.

Junior Ariel Cooper, one of the student leaders for Do-Tel, helps Hershey and Monihen generate topics for discussion.

"Every week we pick out a cultural short, which relates to something popular or a news



RYANTRITSCH /JUNIATIAN

Campus Ministry Affiliate Lisa Hershey, Junior Ariel Cooper, Campus Ministry Affiliate Lindsay Monihen, and junior Hannah Peck are pictured at the local soup kitchen lending a helping hand.

event that is going on," said Cooper. "Personally, I enjoyed our conversation on counseling because I want to be an art therapist."

come, and it's a nice little group and a nice atmosphere and very welcoming," said Cooper.

The group begins each meeting with a home-cooked meal.

"The structure of the meal is community building and creates a different environment," said Monihen. This differs from the atmosphere of a classroom and leads to a more open, intimate conversation.

"The consistency [of the group] is always growing," said Hershey. When the project first started three years ago, there were only four to five members attending the meetings. Now, there is about an average of eight students at a given meeting.

Although the group has been together for three years, there is another misconception that this group is new. Monihen said this is the first semester they are advertising in Juniata's Daily News. Normally they would only send out information in the Catholic Campus Ministries (CCM) E-Bulletin, which students have to

▶ see DO-TEL page 7



www.standingstonecoffeecompany.com

President-elect makes decision to undertake community engagement

▶ from TROHA page 1

himself into the integrating Juniata community.

"My biggest goal is understanding and learning about the community so that I can make the right decisions. If I try to decide things too far in advance, I may not make the right choices," said Troha.

It is no question that Troha has had an ample amount of experience in collegiate leadership roles over the past decades. Among his most noteworthy accomplishments as a leader at Heidelberg University is undoubtedly the fundraising campaign that he set in motion.

"That fundraising has been directed at trying to drive academic excellence at Heidelberg. We've been able to raise near \$40,000,000 in the last couple of years there, and Heidelberg hasn't seen that kind of fundraising ever," said Troha. "It's really affected the institution in a very positive way."

It is beyond question that Troha's fundraising mastery is one of the prime reasons he was selected over the competition. Senior Rob Strauss, the student representative for the presidential search committee, agreed that Troha's ability to fundraise is crucial.

"Since we have all of the physical plans and buildings that Dr. Kepple did, now the next step is to increase the endowment. Fundraising is the primary objective, and we felt that Dr. Troha was the best at that. It's one of his best assets," said Strauss.

While Troha's unrivaled fundraising ability is surely going to be a paramount resource for Juniata, it is certainly not the only asset in his portfolio of experience. Aside from his current position, Troha also served as dean of students at Baker University and Harlaxton College, vice president for enrollment and student affairs and interim president at Heidelberg University. Such a diverse background in leadership roles contributed substantially to Troha's success in

Outgoing president Dr. Thomas R. Kepple, Jr. expressed admira-



Troha introduces himself to Kathleen Jones, chair of the education department. Among his many goals for Juniata's future, Troha stresses the improvement of academic programs.

tion of Troha's management style, personality and experience.

"On the experience side he had two experiences that are important to the future of the college and are important presidential responsibilities, and that is fundraising and enrollment, both of which he oversaw at Heidelberg. He also had experience briefly as a president because he was the interim president at Heidelberg, so he knows what the job is," said Kepple.

Juniata was not the only school that caught wind of Troha's exceptional résumé. Troha was also considering the president position at Simpson College. "We preferred Juniata because I'm from Ohio and Jennifer [his wife] is from Pittsburgh, PA. Juniata was our clear choice, and so when we had the opportunity to come here, we jumped at it. It was a no-brainer," said Troha.

Another presidential candidate, Dr. Kent Trachte, was also in the running at other colleges while interested in Juniata. However, Trachte ultimately accepted the position of president at Lycoming College before Juniata reached its decision. Upon Trachte exiting the race, Juniata expedited its presidential selection by about two weeks.

According to Strauss, Trachte's preemptive withdrawal from the race "opened our [the search committee's] eyes to the fact that we had to make a decision sooner. By seeing other schools hiring presidents, we realized we were a couple of weeks behind, so we expedited the process to get ours done to make sure we got the person that we wanted."

Like Trachte, Troha also received an offer to be president elsewhere before Juniata made its final decision.

"He got an offer at another school, but he wanted to wait and hear from us because we were his top choice, so all the chips fell. Troha told us he had another offer, so we had to make this decision now. We got everyone together and seven hours later, we made our decision. It was last minute," said Strauss.

When asked whether Trachte's withdrawal from the race made a difference in the final decision, Strauss said, "It didn't make a difference."

Kepple concurred with Strauss that Troha led the race notwithstanding Trachte's departure. "We got our choice, there's no doubt about that. He was my top choice, and he was absolutely the top choice of the committee," said Kepple.

According to Strauss, Troha's "energy and ability to motivate people toward a cause" is what set Troha apart from the other candidates.

"He is a young energy. He is very passionate about what he be-

lieves, and we think that him and his family both fit in well to the Juniata community. He's also a very great listener; he wants to know everything he can before making his decision," said Strauss.

As Strauss indicated, one of Troha's qualities that stand out is his youthfulness. Troha recently turned 44 years old, which is notably younger than most college presidents. However, Troha also began his administrative career very early. When offered the position as dean of students at Harlaxton College, Troha was only was only 26 years old.

"You gain credibility through performance and integrity and the character that you show. Age becomes less of a factor when you are able to demonstrate the kind of person you are and what kind of performance that you bring to the organization. I think if you deliver on those, age is a moot factor," said Troha. "People at Juniata are probably wondering, 'Does he have the experience? Has he seen enough?' and it's going to be my job to show that I am prepared to be the president."

Kepple argued that Troha's age is unlikely to be an issue. "I think young is good. This is a job that requires lots of travel. There's stress involved, and being a little younger is probably a good thing. I think Jim has the confidence to do things well," said Kepple.

When asked to reflect on what might be looming in Juniata's future, Kepple expressed outward confidence that Juniata will continue to improve. "Juniata is not going to stop getting better. We're an institution that believes that we're going to be better tomorrow, better the next day and better the days after that because we want to continue to work hard at improving what we do. That's the main thing, to keep the momentum going that we have here, and I'm sure that Jim knows that, appreciates it and will do that. In order to get better, you have to raise money, find friends, recruit students and you have to have a terrific group of faculty, staff and trustees," said Kepple.

Pennsylvanians weigh pros and cons of alcohol availability in stores

▶ from LIQUOR page 1

store in the area does, they all will have to [in order] to keep business in their stores," said Whitsel.

Proponents of the plan argue that the legislation would result in millions of state dollars

being raised for education and that it will boost the economy by reducing out-of-state purchases and creating a more competitive market. More immediate positives of the plan include a possible reduction in alcohol cost and more convenient access to

liquor and beer.

"I think sometimes it can be an inconvenience to people who want to get alcohol here, so to have it available in more places seems like it would be a good thing," said sophomore Andrew Gill.

"I believe that making liquor available in regular grocery markets is a good thing," said junior Ben Sexton, "because price-wise alcohol is extremely expensive compared to how much it actually costs to produce it, and I think the price should be lowered a little bit to make that more even."

Others believe the difference in sales and revenue will be minimal or even negative. "Nobody is going to sell anymore," said Giacobello. "You're only making it more convenient. All you're doing is spreading out what you're already selling. I can't where they will make more money."

deeper issue legislation is its potential effect on the availability of alcohol to minors. "You are just giving more free reign and accessibility," said Whitsel.

"It's bad enough you have teenagers trying to get booze," said Giacobello. "Now you've got it all over the place. We don't think it's going to pass. I just hope it doesn't go through. I don't even know why the state would want to put up with it. It's going to hurt."

Still, students look forward to the possibility of such convenient access to alcohol.

"Liquor privatization is good because a significantly large portion of the population is old enough to buy it," said junior Duncan Reiss. "It should be available wherever someone wants to buy it."



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Juniata Associates engage in leadership opportunities Program employs upperclassmen to find real-world jobs in various departments

By Lauren Liacouras

Since its inception in 2009, the Juniata Associates program has helped students pursue leadership positions in various campus departments, granting them a wide range of managerial skills and preparing them for the workforce.

John Hille, vice president of enrollment and retention, initially proposed the idea for the Juniata Associates program. It is currently run by Gail Ulrich of Human Resources and Darwin Kysor of Career Services.

'Generally in the spring, I'll ask the program supervisors to put a call out to campus seeing who would be interested in a JA position," said Ulrich. "The supervisors then send the position description to me, which includes job duties and what they are looking for in an applicant. If I approve the position for funding, then they do their own advertising and interviewing."

Supervisors look for "students who have shown a lot of responsibility in the workforce already and who definitely have the initiative and time to dedicate to their position," said Ulrich. "Offices may have a student that started with them as a freshman, so by their senior year, they have a new position



Only a few weeks into the semester and already hard at work, senior Cynthia Onorevole, one of the Juniata Associates, is in front of her desk in the basement of admissions hard at work.

to cater to their specific interests."

There are currently 44 Juniata Associates that represent 30 departments. "We started with 25 students, so the number of applicants has been increasing substantially since we created the program," said Ulrich.

The Juniata Associates program has allowed countless students

to find promising job opportunities after graduation."We had a JA that worked with benefits and student employment in Human Resources and now that student works for Human Resources at Duquesne University. The program opens up a lot of doors. That is the way the program is supposed to work. In the future,

we are looking to establish small grants for which students can apply so they can attend conferences in their areas of interest,"

Senior Cynthia Onorevole is the Juniata Associate for the telecounseling department. "I started working for the telecounseling department as a junior," said Onorevole.

"My boss left and shortly after I assumed the position,"

"My department calls prospective students about Juniata. We talk to high school juniors and seniors to help get our name out there," said Onorevole. "My department breaks prospective students into groups. For example, one group includes those who have never heard of Juniata and another includes students who have Juniata as their number one choice. I also present numbers to the board of trustees at the end of each year, which reflects how many students we impacted positively. This is also the most difficult part of the job. I did not realize how many numbers are behind the calling."

Juniata Associate positions are offered primarily to seniors. However, there are some exceptions. Luke Thompson is the Juniata Associate for both the Office of Diversity and Inclusion and the Juniata Presents series.

"Freshman year I got a job with an admissions counselor in the Enrollment Center and worked with a Juniata Associate whose job was to help recruit minority students," said Thompson. "Then during my sophomore year, I was

▶ see ASSOCIATES page 6

Students welcome Obama back to the White House The Washington Center provides behind-the-scenes experience to see politics in action students enrolled in the course,

By Lauren Lesser

A group of 11 Juniata students traveled to Washington, D.C. from Jan. 12-22 to attend the 2013 presidential inauguration for course credit. This class allowed the students to experience history.

The students' journey began with several meetings throughout the fall semester to prepare for their trip to The Washington Center. The 11 students enrolled in the course learned how to write op-eds and were required to produce a blog spanning the lengh of the trip. However, none of the students knew exactly what to expect upon arrival to the actual inauguration.

Dennis Plane, associate professor of politics, acknowledged the difficulty of prepping the students for the inauguration ahead

"It's hard to describe beforehand what it's going to be like. So I try to tell them that it's going to be very intense, that they will be constantly on the go and that it will be a very rewarding but exhausting experience," said Plane. "It's easy to say that, but I don't think the students really realize just how intense it is until they experience it themselves."

The students in attendance echoed this sentiment as well.

"I definitely expected a lot of people, but there were more than I ever imagined," said freshman Anna Nycum. "It was really crazy, but it was a very powerful thing to be there, and it makes you proud to be an American. The amount of people, police and security was just amazing."

Freshman Mizuho Yamato's expectations were exceeded.

"I wanted to feel the energy of Washington, D.C. and just be in the center of the politics to see what it was like on the inside," said



The crowd gathers at the U.S. Capitol Building in anticipation of the events taking place for President Barack Obama's second inauguration. In attendance were a group of eleven Juniata students and Dr. Dennis Plane.

Yamato. Yamato claims that she was able to accomplish this and more throughout her visit to D.C.

history," said senior Robin Doutriaux. "It is the kind of story you will

"You feel like you are a part of be able to tell your grandchildren." For Yamato and Doutriaux, two of the four international

attending the inauguration was something that neither of them may have the opportunity to do again.

Plane hopes the students were able to walk away from this trip with a new appreciation and understanding for our government system.

"I hope they got an appreciation for how government works, and that they are more tolerant for the imperfections in government when they see how hard our elected officials and civil servants work," said Plane. "I hope that they better understand how to influence government-how to make a change and how to make a positive change in society if that's what they want to do."

Students such as Nycum saw a political interest spark both during the D.C. trip and after arriving back to campus. "Initial-

▶ see INAUGURATION page 7



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Future tech updates on the horizon

▶ from TECHNOLOGY page 2

logical updates, Joel Pheasant, director of the Technology Solutions Center, indicates that more innovation is on the horizon. "We've been looking at installing Office 2013 before the fall semester, in addition to upgrading all the PCs campuswide," he said. "Faculty members will also be receiving new laptops this summer and we hope to install Windows 8 in about another year."

"The first floor of the library is already an information commons, as we have desktops and laptop areas.-" said John Mumford, director of Beeghly Library. "The direction we are moving is to create more areas like the first floor."

Fusco and Pheasant are also toying with the idea of the daily news announcements being broadcasted throughout the public televisions around Juniata.

Students are excited about the technological innovations happening on campus.

"Technology has become increasingly important in modern day society," said freshman Brandon Stoker. "I firmly believe that Juniata should continue to increase the amount of technology on campus."

As beneficial as technology may seem to many students, others indicate that society has become too dependent on technology, and that this dependence is effecting students' ability to think for themselves.

"To me it seems as if students are relying on technology to bypass doing their actual work," said freshman Jabari Fuller. "How many people have gone on SparkNotes to get out of reading a book? I know I am guilty of it and I feel as if this occurrence has become far too common."

"When I saw a friend calculate five minus one on a calculator, I realized that our society has become too dependent on technology," said freshman Chad Albert.

"Technology is a tool," said Pheasant. "We should not rely on technology for everything. If the tool is right for the job, that is when it's helpful."

"Really, it's not about having

The benefits of these new technologies are unquestionable.

-Catherine Scholl

technology, it's about being able to get what you need from it," said Mumford. "Our concern is, 'Do the students really know how to get the most out of the technological resources?"

"Ultimately, our society has become addicted to technology to the point where we try to find a way for technology to assist us in nearly every task," said Stoker. "In order to properly prepare for the future, students need to be knowledgeable and versatile in their use of technologies."

Although students may disagree on how prevalent technology should be in society, technological advancements at Juniata are redefining the ways that students learn and teachers instruct. Society is changing and Juniata is adapting and preparing for a future in which the academic world is dominated by technology.

Meal for CROP







Top: During the Meal for Crop event, Campus Ministry affiliate Lisa Hershey enjoys a meal with a Huntingdon community member at Baker Refectory on Tuesday, Feb. 5. Middle left: Christian Ministry Board members, Melissa Zilch, Emma Ruggery and Hannah Shultz help with organizing the occasion. Middle right: Several guests enjoy their meals. Bottom left: A Sodexo employee serves a Huntingdon community member at the event. Bottom right: Community members enjoy their meals at Baker Refectory.

Need a lift? Rental cars could provide a zippy solution Yelnosky discusses possible Zipcar transportation for the upcoming semester

By DEVON WISER

This year has sparked interest in an old idea that was first brought up in 2005 Zipcars. Robert Yelnosky, vice president for finance & operations, says that Zipcars are a possible addition for the fall semester of 2013.

"It's a great idea. I'd like to see it work," said Yelnosky. If Zipcars were purchased, students who do not have cars on campus would be able to rent them out whenever they need one.

Yelnosky believes that Zipcars

will help families save money and give students a better college experience. He has had three interviews this year regarding Zipcars and he thinks that there is a higher interest in the prospect of them coming to

On Jan. 28, 2013, the featured activity of the Juniata College daily announcements email was titled 'Zipcar at Juniata?" This email had a link to a 15-question survey that asked students for their opinions of adding a Zipcar to Juniata as a form of quick transportation for students and staff.

The results were weighted more toward the affirmative for both students and staff on whether they would like to see Zipcars at Juniata.

"I would definitely use the Zipcars because it is convenient for the use of travel and I also wouldn't have to pay for gas. It could also increase sales in the town of Huntingdon," said freshman David Holzbaur, who does not own a car on campus, and usually walks to the grocery store or gets a ride from a friend.

is still just an idea, the results of the survey will be sent to the Zipcar company to be analyzed. If the results are appealing, there could be a trial Zipcar later this semester, according to Yelnosky.

If Juniata were to introduce Zipcars, Yelnosky would be in charge of ordering them. If the Zipcars become a reality, the plan is to buy two cars for \$1,500 per month each. One of the planned locations for Zipcars is in the South parking lot.

Zipcars, founded in 1999, were Although the thought of Zipcars made for users to rent a car for a

short period of time, such as running to the store.

"They are primarily for short trip purposes, not a day trip," said Yelnosky. One of the benefits of using Zipcars is that inside of the car is a gas card that allows the user of the car to get free gas from any station. Other features include 24/7 roadside assistance, a 180 mile per day limit and insurance is included.

Another attribute of Zipcars is that there is a free Android and iPhone application that one can download and use to find and reserve nearby Zipcars, unlock the doors and even honk the car horn.

To begin the process of using Zipcars, one has to sign up to be a member on the Zipcar website. From there, one can find out where the closest Zipcar is located and reserve it for a certain number of hours.

"If I didn't already have a car on campus I would use the Zipcars because if I needed a car, I would obviously want to utilize the ability to have one," said sophomore Nick Trapane.

"I don't own a car on campus, so I normally walk to the store or ride with a friend. If Juniata got Zipcars I would probably use them if they weren't too expensive," said sophomore Emily Schnader.

Juniata is one of many schools that are introducing Zipcars to their environment. Colleges such as Bucknell, Dickinson and Carnegie Mellon already have their own Zipcars, and Juniata is a step closer to following suit.

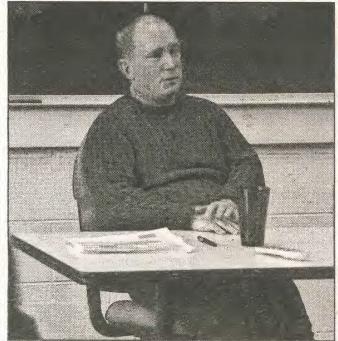


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Top: Senior Vice President of QVC and Juniata alumnus Mike Appelby talks with Professor of ABE Emeritus Jim Donaldson's class about his job and experiences from Juniata. Bottom: Appelby is introduced to Donaldson's marketing class as he prepares to discuss his experience from his job and Juniata.

Students pursue increased responsibility and pay

▶ from ASSOCIATES page 4

asked to become a JA and my position extended to diversity and inclusion. From there I helped plan the Beyond Tolerance program, which now has stewards of diversity and promotes diversity in the workforce. I worked in that position for a year and a half."

"I help manage advertising, Facebook events, hanging and designing posters and keeping announcements up to date," said Thompson. "If you saw the decals of dancers all over VLB, that was my doing."

"I love working with the stu-

dents," said Onorevole. "It's nice to form friendships with people I wouldn't normally interact with."

"Through this program the school offers more hands on experience," said Thompson. "If you find something that really interests you professionally, then pursuing a position in that area would be a great decision. School is just as much what you learn academically as what you learn about becoming a better person."

Senior softball player Paige Robertson is the JA for club sports.

"I went in to interview for an inbound peer leader position, but I was offered the JA position in-

stead because I'm involved in athletics and they needed someone to quickly fill the position," said Robertson. Robertson is in charge of gym time, field space, maintaining websites for Juniata and creating training programs for club officers.

"I really like the flexibility since I have softball, 17 credits and also my other job at TLT. I can create my own schedule and I get what I need to get done whenever I can," said Robertson.

"I am incredibly grateful for this experience and I would like to personally thank the people who funded it," said Thompson.



STEPHEN NOLAN / JUNIATIAN

While working as a Juniata Associate, senior Luke Thompson arranged for "Stew" to speak about racism and other topics. Luke, who has a 15 credit internship this semester, claims to be very grateful for this experience.

Various housing options differ in price, services offered Laundry to be included in residential costs for the fall 2013 semester

By Shalen Pereninec

No policy changes stating who can and cannot live off-campus will be enacted for the 2013-14 school year. Despite the financial differences between on- and off-campus rooms, both living situations provide advantages and disadvantages to students.

"There are no policy changes that are in effect now or any that are pending," said Penny Hooper-Conway, office assistant for residential life. "It has never been a policy that says seniors only."

The College can provide for about 1,225 on-campus students. Approximately 185 students currently live off-campus.

"If enough seniors opt to stay on-campus, then it will open up to juniors," said Ryan Navarro, assistant director of residential life.

"Juniata is considered a residential campus, so we're just trying to keep our housing and our beds full, and that's why we have a designated number that we permit off-campus each year," said Hooper-Conway.

Some students have voiced concerns about the price differences between living on- or off-campus. Students living on-campus are paying \$5,170 this school year. For non-Juniata owned off-campus housing, students usually pay based on a 12-month lease system. The monthly rate is typically between \$200 and \$450.

The department of finance and operations has conducted research on off-campus housing. "We've seen more in the \$400-\$450 range," said Robert Yelnosky, vice president for finance

and operations.

This means that most students are paying between \$4,800 and \$5,400 to live off-campus for 12 months.

"Utilities are part of what's in our cost," said Yelnosky.

Water and sewage, garbage and recycling, electric and natural gas, cable access, wireless and wired Internet access, parking and snow removal, fire alarm systems, carbon dioxide detectors, furnished housing, painting and the cleaning of common rooms and bathrooms are expenses that are included in the cost for an on-campus room.

Yelnosky also said that the cost for a room on-campus next year will include laundry. "I'm not sure exactly how this is going to work at this point, but I think you'll be able to see whether washers and dryers are available without having to be in the room by going online," said Yelnosky.

This might be an unnecessary cost for those students who do not use Juniata's laundry services. "There has been discussion of that, but we're going to be replacing all the washers and dryers as part of this and cleaning up the rooms. Some places charge a separate inclusive laundry fee, but we're just going to wrap it into the room rate. It's going to be incorporated into the normal increase that we have that covers all expenses," said Yelnosky.

The increase will be about 4 percent of what students are paying this year for a room. This increase is based on the status of utility costs for the College.

Living on-campus also provides students with a sense of security.

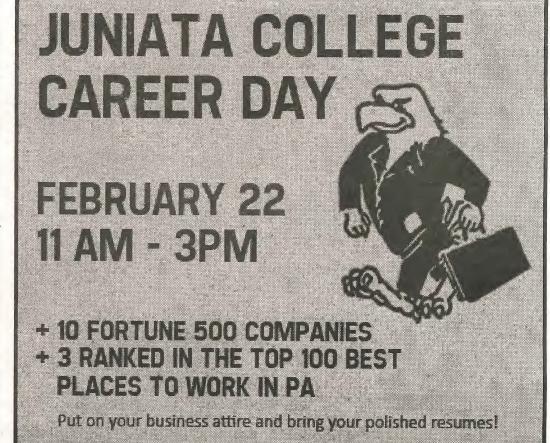
"You have public safety on campus, and you also have the cardreader system, keys for all the locks, RAs, RDs and the entire reslife staff," said Yelnosky.

"Public safety makes sure that you are secure no matter what circumstances you're facing," said freshman Cindy Munoz. "If you have a problem with something you can even talk to the teacher that you feel most comfortable with, and they'll lead you to whatever resources they find useful."

However, living on-campus has its disadvantages. "Since I am an extravert and the majority of my friends live here as well, I find this to be very enjoyable but also somewhat distracting at times," said freshman Jonathan Geyer.

On the other hand, living offcampus has benefits. "It really provides more life preparation to live off-campus," said Navarro. "You get into the habit of paying rent, taking care of the household, cooking, and these are all things that will make life after college more manageable."

Senior Angela Shaffer is currently living off-campus. "The main reason I decided to live off-campus was due to money. We calculated that Juniata's rent was about \$430 a month and our house is only about \$250 a month. Also, I really like to be able to cook my own food all the time. It's nice to have the privacy as well. Overall, I really love it," said Shaffer.



Home-cooked meals and guest speakers provide spiritual nourishment

▶ from DO-TEL page 2

about Do-Tel, but it sounds interesting and I like the aspect of having a home-cooked meal, something you don't get very often on campus," said freshman Andrea Villaran Zariquiey, a member of CCM.

Although students enjoy the way the discussions are set up, the Do-Tel Project is also introducing new activities for their students. This past week, instead of having their usual dinner meeting, the group went to the soup kitchen at the Presbyterian Church in town to work with another campus ministry group, Planting Seeds.

"It was our first time partnering with Planting Seeds," said Hershey. Following this activity, members of the Do-Tel Project discussed their feelings about the



Americorps Representative Lauren Seganos and international student Nida Luni help out at the soup kitchen.

service and what they thought.

Monihen and Hershey both talked about some upcoming topics this semester including various "Ted Talks," educational videos used for spreading information.

Possible topics for Ted Talks include what makes people curious, immigration, identity and self, and music. Russ Shelly, the director of the concert choir, will be leading the discussion on music.

Members of the Do-Tel project encourage interested students to

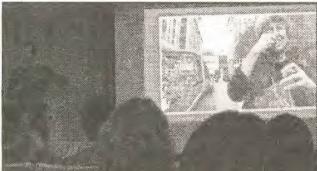
"It's definitely a lot of fun and I think more people should come," said Cooper.

"I like how they welcome students who are not of the Christian faith as well so that it is inclusive;" said freshman Alleric Jones. "It's great because you get to talk about all sorts of subjects and hear other people's perspec-

The Do-Tel project meets at Hershey's home at 1406 Mifflin Street on Thursdays from 6:00 p.m. until 8:00 p.m. Cooper advises students to RSVP by email if they would like to attend a discussion.







wedesign1@verizon.net



Top: Speakers Curt Ellis and Ian Cheney came to Juniata on Feb. 5 to talk about the experiences they underwent while filming their documentary "King Corn," Bottom Left: Ian Cheney presents a portion of his documentary to students. Bottom Right: This is the truck in which Ellis and Cheney and lan grew a garden.



PHOTO CREDIT: ANDREA WASKMUNSKI

Sophomore Andrea Waksmunski with Grover Norquist, a conservative libertarian and founder and president of Americans for Tax Reform.

Class attends inauguration

▶ from INAUGURATION page 4

ly, I felt so lucky that I was able to go and it is something that I'm sure I will never forget. In the long run, I think that I want to work with women's rights," said Nycum. "I think that being in Washington, D.C. for 10 days and meeting with different people started to sway me into going into policy. It may

influence my career choice."

Senior Erin Royer was also exposed to a new aspect of politics. "We actually had gallery passes

and were able to see the House of Representatives debate the Hurricane Sandy relief bill," said Royer. "It is interesting now to read and see the news after being there. Now, know what it looks and what the atmosphere is."

The 11 students that attended the presidential inauguration had a positive experience that continues to impact their lives, even after returning to Juniata.

"I think students got great access. The students learned how to network, and we all were able to get reasonably close to the inauguration, to be a witness to history," said Plane. "It's something that should be on everyone's bucket list-to see a presidential inauguration."

Doutriaux agreed with this statement. "I just keep thinking about what I learned about the way American government works," she said. "I have a better understanding now. I can keep contact with some people there, and it was a great opportunity for me to network."

"It was a once in a lifetime experience," says Yamato. "But it was also much more."



Bridging the generational gap between millenials and baby boomers

EDITORIAL

Self-absorbed, entitled, enraptured by texting and social media: this may not be how we know ourselves, but it is how many of our parents and relatives perceive us. The current generation of college students born after the post-WWII baby boom that ended in the early 1980s, commonly referred to as Generation Y, have likely been criticized for some or all of these behaviors.

We have been annoyed or even felt personally victimized by the frequency of these critiques, but in the spirit of our generation, attempt to ignore them and go on with our business.

Many of the technologies we now enjoy were barely on the market "when I was your age," and the convenience and necessity attributed to them now is not something that the adults in our lives understand.

Countless research studies, on carpal tunnel syndrome caused by

texting, have been conducted in last-ditch attempts to convince us of our horrible wrongs. Now that we are living away from home, our immersion in digital culture goes unnoticed aside from the occasional parental commentary during school breaks.

Blanket statements and speculations are often made by the media about current 20-somethings and their obsession with technology. We are told that our attention spans and memories will be shorter, our sense of responsibility will atrophy and our interpersonal relationships may be affected. In the midst of these scare tactics, however, an emerging series of studies provide reason to suggest that there is one more group of baby boomers whose criticism we should pay attention to: our future employers and co-workers.

An article from Forbes entitled "Are 20-somethings hard to work with? nope, it's just you," outlines a few common complaints that older employees are raising about recent college graduates. It also points out that most of these are

only cultural differences from the societies we were raised in, and the beneficial flipsides of many of these gripes.

For example, a baby boomer boss might assume that their Gen-Y employee is asking for more flex time out of a lack of dedication. However, this could be a result of the "work smart, not hard" value that is commonly held by those born before the new millennia or could be attributable to their techsavvy skills.

Hard work for boomers generally means long hours, which is why one generation sees laziness and the other sees efficiency.

While older workers may value meetings and face-to-face mentoring, digital natives may prefer to communicate with their co-workers via. Google Hangout, social media or instant messaging. This can also prove to be a valuable skill for the business itself, since many organizations, from eateries to hospitals, are now hiring social media consultants to help them stay on the forefront of technology.

Boomers are often content with job titles and raises in noting their achievements within the workplace, while Gen-Y members tend to seek feedback constantly. This is believed to stem from the self-esteem movement in the 1980s and 1990s.

Gen-Ys are now missing the gold stars and trophies that were always given in our youth, when everything from good behavior to being on a winning team was rewarded. Social researcher Jean Twenge comments on this in her book, "Generation Me: why today's young Americans are more confident, assertive, entitled – and more miserable than ever before."

Twenge also discusses findings that are related to Gen-Y's need for fulfillment in their work, a value that is not as important to older generations.

Millennials were raised believing that we should reach for the stars and be whatever we want to be; while most dreams of superstardom were abandoned years ago, most of us are still seeking jobs that we will, love going to every morning. Boomers, on the other hand, live to work hard, pursuing the American Dream as it was promised to them as children. In working together, it is becoming more important for each of these groups to understand one another.

"For the first time in American history, four generations are working side-by-side in the workplace." This quote and the rest of the article from Forbes sum up the gap between the different generations, which can seem difficult to comprehend. However, different is not necessarily bad – different is just different.

By 2014, 18-35 year olds will comprise 47 percent of the work-force and it is imperative that the different groups make a priority of understanding the others. Communication and creative exchange are possible, but it cannot happen without understanding the other perspectives. For the current generation of college graduates and their co-workers, failing to resolve misunderstandings could truly be an occupational hazard.

Defense of Marriage Act denies constitutional rights to citizens



A case involving the Defense of Marriage Act, or DOMA, is due to be heard before the Supreme Court this spring, with oral arguments scheduled to start March 27. To fully understand the arguments about DOMA, however, it is essential to know exactly what the law does.

There are two major sections to this legislation, the first of which essentially says that a state, for example, Kentucky, cannot be required to recognize a marriage between same sex partners performed in another state, for example, Maryland, if such a union is not legally permitted in Kentucky.

Additionally, Kentucky is not obligated to honor any rights or claims that the couple might make based on their legal status as a married couple in Maryland. The second section legally defined marriage as being only between one man and one woman and that the word 'spouse' could only apply to a person of the opposite sex.

This is an important issue because DOMA is currently responsible for allowing states to deny certain crucial rights to homosexual couples. This would be a very serious viola-

tion of rights should the Supreme Court decide that DOMA is unconstitutional.

Among the rights denied to these couples are: the right to visit a sick spouse in the hospital, the right to sponsor a non-citizen spouse to immigrate, the right to collect the Social Security benefits of a deceased spouse and the ability to file a joint tax return. Those who are against DOMA usually claim that it violates the rights of same sex couples, and those who support it claim that it is essential to maintaining the sanctity of marriage.

The difference between the two sides is that those who are against DOMA have much more legal ground to stand on than do those arguing for it.

There are quite a few legal arguments against DOMA, the strongest of which is that it violates Article IV Section 1 of the Constitution. This section states, "Full faith and credit shall be given in each state to the public acts, records and judicial proceedings of every other state."

What this essentially says is that the acts and judicial decisions that were applied to citizens in a particular state must be honored in any other states that the citizens might find themselves in. The language of this section presents a clear constitutional problem with the way that DOMA was written. As it is now, DOMA allows a state such as Kentucky to ignore the judicial

decisions of a state such as Massachusetts that a homosexual couple can get married if those citizens travel to Kentucky.

The contradiction between DOMA and Article IV Section 1 exhibited here is so glaring that it seems impossible to argue that DOMA is anything other than unconstitutional.

Another very strong argument against DOMA comes from a court case called Loving v. Virginia, decided in 1967. This case was the decision in which the Supreme Court ruled that antimiscegenation laws - laws that prohibited whites and blacks from marrying, were unconstitutional. The justices stated that antimiscegenation laws violated the Due Process Clause, guaranteeing due process of the laws to all citizens, and the Equal Protection Clause, guaranteeing an equal protection of the laws to all citizens. In the unanimous decision of the court, Chief Justice Earl Warren wrote, "Marriage is one of the 'basic civil rights of man,' fundamental to our very existence and survival."

There seems to be an obvious parallel between DOMA preventing marriage based on the sexuality and anti-miscegenation laws preventing marriage based on the races of those involved.

The only semblance of a legal argument that those supporting

DOMA have come forward with is that the federal government has the right to define marriage as excluding homosexual marriage because the benefits provided by the government to married couples were only intended to promote stable families in order to help them raise their biological children.

This argument does not stand up to scrutiny however, as there has never been any distinction made in the laws between married couples who have their own children and married couples who do not or, for fertility reasons, cannot have their own children. It would seem that if the only intention of marriage benefits was to encourage procreation, there would have been a provision in the laws stating that couples without their own biological children were ineligible to receive the federally provided benefits. Since there is not and has never been such a provision, this argument does not hold water.

It would appear that there is a straightforward and strong legal argument that DOMA is unconstitutionally denying rights to honest hardworking citizens, and that the legal arguments for it are not soundly reasoned. This would mean it is even more imperative that DOMA be overturned, because every day that it remains in place is another day that thousands of citizens are being denied their rights.

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Pierce prevails through tragedy JC freshman still in disbelief over hometown shooting

By ALEXIS WAKSMUNSKI

Juniata is home to 1,619 students, including freshman Douglas Pierce from Newtown, Conn. He is an alumnus of Sandy Hook Elementary School, where the infamous shooting took place on Dec. 14, 2012.

Pierce was on his way home from Juniata when he found out about the shooting through a cousin's post on Facebook.

At approximately 9 o'clock in the morning, 21-year-old gunman Adam Lanza killed 26 people at Sandy Hook Elementary School. Of the 26 who were killed at the elementary school, 6 of them were teachers, all female, and 20 were children. There were 8 boys and 12 girls killed, all between the ages of 6 and 7.

"As reports were coming out that they were children and teachers being killed we wanted to get home as fast as possible because we couldn't get our minds off of it on the ride home," said Pierce.

Among the adults killed were the principal of Sandy Hook Elementary School and the school psychologist, who ran towards the gunfire in an attempt to stop the

Pierce had known the school psychologist who had died in the massacre, but not the others.

"No one on my road or in my immediate family had been hurt," said Pierce. "But I had friends who lost their siblings."

To date, the Newtown massacre is the second-deadliest school shooting in U.S. history, surpassed only by Virginia Tech in 2007. The Sandy Hook Elementary School shooting ranks third in the world in deadliest mass shootings.

"It is very hard to come to terms



Freshman Douglas Pierce is an alumnus of Sandy Hook Elementary School, Conn. where a deadly shooting occurred on Dec. 14, 2012.

with what has happened," said Pierce. "You know there are days where I think, that did not happen and children did not lose their lives in my town."

Pierce's disbelief turns to anger over the tragic story's misuse.

"I feel like people are taking advantage of what happened to the children and using their memories for political needs," said Pierce. "That to me is disrespect, not only to the people, but to the town."

After killing the 26 victims in Sandy Hook Elementary, Lanza took his own life before police could apprehend him. He was rumored to have a mental disability or illness.

"I don't care about who did it. I don't want to think of his name,' said Pierce.

"We as a nation think about who commits these crimes, but we need to remember the 26 names of the teachers and children that died and not one name that caused those 26 names to be remembered."

"We live in a culture that glorifies, normalizes, and says that violence is an appropriate way to solve problems," said Celia Cook-Huffman, professor of conflict resolution.

When the incident first became public, the media reported misinformation. According to Pierce, the media did more than that.

"They had been going up and trying to interview the families at their child's funeral and they have even stepped inside of our churches to try to see what the pastors, religious figures, and congregation members' thoughts were," said Pierce.

Since the shooting, Pierce's mother has been of great help to

"[She's] assisting with grieving members of the community,

▶ see PIERCE page 10

Dr. Nagengast, a procrastinator at heart



When I ask Dr. Emil Nagengast about his concerns leading up to his first day as a college student at Middlebury College, he stares at me for a moment, then tips his head back and laughs.

I apologize for asking him to think so far back. Finally, he manages to throw out three words: "Girls, football and beer."

Dr. Nagengast, more affectionately known as "Nags," and less affectionately as "that scary politics guy," entered college with an official academic interest in languages and politics, but he reports that he was far from immersed in zhis academics.

As a freshman, Nagengast frequented the local bar and enjoyed seeing bands play; he is sure to note that the drinking age was 18 in his day. It was there that he would become the subject of a running joke within his circle of friends.

"The first week of college, I was there having a great time ... [one night] I was so into the band and caught up in the moment that I was on the dance floor dancing by myself... There was a big pillar, and it apparently looked like I was danc-



PHOTO COURTESY OF DR. EMIL NAGENGAS

Dr. Emil Nagengast travelled to Siena, Italy at age 20 to visit a friend.

ing with it," Nagengast said. "All year, my friends asked me when I was going back to see my pillar girlfriend at the bar."

As I listen to his story, I picture Nagengast at age 18. He starts to seem a little bit more human, and a little less like the professor who has freshmen shaking in fear on their first day.

I press on and ask him about study abroad experiences. He remembers a specific incident that occurred when he was studying abroad in Germany.

"I was taking a class on the foreign policy of Nazi Germany, and we had to choose the final project that our entire grade depended on. I chose an oral exam ... and I was

utterly unprepared."

The outcome of the exam looked grim, but good fortune smiled on young Nagengast when his professor ran an hour late for their exam appointment. As he waited in the office, Nagengast read through one of the professor's books about Sumner Wells' 1986 mission in Berlin.

When the professor finally arrived, he asked only one question: "Summarize the results of Sumner Wells' mission to Berlin." Nagengast remembers with a beaming smile that he received an A+ in the class. "I knocked it out of the park. It's the only A+ on my transcript,"

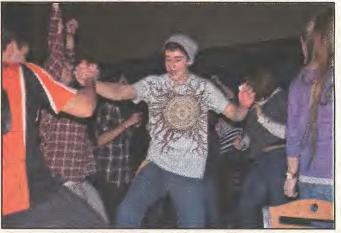
▶ see NAGS page 10

FNL











STEPHEN NOLAN / JUNIATIAN

First: Songwriter Jeff LeBlanc finishes his performance with a final original song from his last album. Second: Gary Johnson was a musician hired by JAB to play at Juniata in the absence of a magician who did not show due to unfortunate circumstances. Third: The students still had a fantastic time as shown by sophomore Patrick McEvoy dancing with freshman, Taylor Wells. Fourth: The crowd chanted "so good, so good!" As musical performer Gary Johnson played the famous song "Sweet Caroline" by Neil Diamond among many other classics like "Can you feel the love tonight" and "Stacey's Mom."

Advice for your open relationship: honesty is a necessity



Note: The following story is pure fictional and the people do not exist.

Person A and Person B have met each other in their intro to psychology class. After eyeing each other from across the room in Neff Lecture Hall, B decides to ask A on a date to Standing Stone to grab a cup of coffee. The first date turns out to be perfect for both Person A and B, so they decide to grab dinner a week later in Eagles Landing. They then proceed watch a movie in Person A's room.

Soon after, A is inviting B to hang out with B's friends and Person B is asking Person A to go watch the men's volleyball game. Eventually, a few months pass and

Person A and Person B are smitten. You spot them all the time, laughing and joking around together in Jitters over their lattes. You are envious of the special bond A and B have.

While you sit around scrolling through their Facebook timelines, seeing cutesy Valentine's Day statuses, A and B have scheduled an exciting day involving a candle-light dinner, flowers and goofy presents. What you do not know is this: B asks A to be in an open relationship, and A says yes. A has clear rules established about the extent of B's actives and vice versa. However, they have both agreed to a decision that could be excellent, or dangerous as the slippery ice on the pathway to Ellis Hall.

The subject of open relationships is open to much debate among many people. But first, let's define what an open relationship is. That definition is subjective. Last semester, I wrote an article about cheating. My personal belief on cheating applies to open relationships: it is dependent upon the person and what he or she agrees upon in their relationship. In the end, the couple has to decide what works for them. If an open relationship is really what both partners feel that is best, then go forth!

I have read many reasons why people want an open relationship. Primarily, freedom is wanted by one or both people in the relationship. For example: Person B desires having independence and does not want a serious attachment to Person A. An open relationship is a gateway to their personal freedom, while still finding someone that they can connect with on a deeper level. They have found someone that satisfies them beyond physical attraction.

On the negative side, an open relationship can be risky because of many reasons, all pointing to jealousy. Some individuals are not comfortable seeing their partner hanging out and being intimate with someone other than themselves. That person values solidarity. In their mind, having multiple options should stick within Baker Refectory. An open relationship can be seen as a way of "having your cake and eating it too."

An open relationship can sound great in theory, but only if both are happy with the decision. If you are agreeing to this to make someone else happy, then it will not end well. A relationship, even one that is open, is about compromising. There will be problems that arise among you and your partner. Conflict will be inevitable, but handling the conflict, beneficial to the relationship, will be important. You both have feelings and need to express them positively.

I have thought about the possibility of entering an open relationship, and I am still open to the idea. If that person is interested in one, as long as I am happy and respected, then I would try an open

relationship. An open relationship, while complex, could possibly work and could be fun in the long run.

To me, it works if both people are completely honest about everything with one another, which is a characteristic that I had to learn in the past. If someone does not feel like being a part of an open relationship anymore, then the person has to open up and be honest with the other person. For myself, I acknowledge that communicating was lacking when addressing my feelings. Learn from my mistakes in regards to your feelings, whether you are in an open or monogamous relationship.

If it does not work out, then you can at least say you tried. Experience is important to truly discover what works for your romantic life. However, you learned much more about the mind than in your intro to psychology class. Isn't college great?

JC making the transition easy, except in the laundry room



A new semester often begins with a few things to look forward to, and a few to regard with an internal frown.

Ask anybody, take an average, and you will see that the core worries lie within the same scope: keeping up the GPA, procrastinating what's on the procrastination list, preventing the left part of the brain from going on autopilot and having a decent social life.

Although the aforementioned facts would mean that we are all equally victims of the responsible college lifestyle, there are a few whose suffering goes beyond the surface. They are the international students, the "newbies" to Juniata, and maybe even the United States.

As an international student myself, I have spent a considerable time with my fellow exchange and transfer students. Therefore, it was not long before the embarrassing stories of the first week at Juniata started pouring out, and I knew I had to share them.

The International Students Orientation, which was organized by the International Office at the beginning of the spring semester, was used to familiarize foreign students with life and Juniata and Huntingdon. It did a wonderful job at helping the students make the first steps towards feeling at home.

However, sometimes it is the little things that do not get addressed; the little things whose significance only starts to manifest at least a week after the classes have begun and clothes gotten dirty; simple, little things such as doing laundry.

It was a snowy Sunday morning

the first weekend after classes had begun. At this point, Anonymous could have been anybody, walking to the laundry room with a hamper under her elbow. However, she is not just anybody, she is an exchange student from Lille, France.

She stops at the first machine and puts the hamper down, looks around for a single-use detergent and softener dispenser. She repeats the latter, taking a tour of the room twice, until she finally notices a Tide bottle with someone's name on it, sitting at the far corner of another machine.

Anonymous finally realizes that she has to get her own detergent and softener. She goes back to her room and asks her roommate if she can borrow hers this time around until she gets her own.

Back in the laundry room, twenty minutes later, Anonymous has finally figured out where to pour the washing materials. The ABC diagram of where everything is supposed to go has done its job.

However, when Anonymous opens the machine to take the clothes out, she notices that they are still dry and dirty. It takes her a couple of minutes to realize that she had failed to notice the "upper" and "lower" signs on the machines and had turned on the wrong one, washing the empty washing machine.

After hearing this story, I was determined to share it with as many others as I could, but not just for a good laugh. I wanted others to know that it was okay to make silly mistakes and learn from them, that feeling confused and lost is to be expected, and it is not something to be ashamed of. Sharing our experiences helps us empathize, and we all need a little of that from time to time.

Whether you're a student from Mexico, Japan, China, France, England, Germany, or any other country in the world, you are not alone. Being in another country, responsible for so many things that you did not even worry about before can be quite overwhelming.

As an only child and a first year student, I knew nothing about college life when I first arrived at Juniata. I had never even been in the U.S. before. It took a while to get used to having to manage my bank account and traveling arrangements, and being responsible for everything on my own.

I was afraid and skeptical when saying goodbye to my parents, knowing that the 8-hour time difference would not help-with communication either. I was not even sure if I had made the right decision to study abroad.

A week into the start of classes, my life had changed for good. I had met so many people and made friends that I will remember for the rest of my life. I enjoyed my classes and was amazed by all that was going on around campus. That's when I realized: Juniata was starting to feel like home.

FSU





KRIS CLARKSON

Dean of Students Kris Clarkson spends time among some prominant historical figures on the Florida State University campus, including Thomas Jefferson and the first president of FSU. Other staff members who attended the visit to FSU include Seth Weil, Betsy Valasko and Dr. Daniel Welliver.

Young Emil forgets pillar, becomes Juniata professor

▶ from NAGS page 9

he said.

Could it be that the legendary Nagengast had, in fact, been a procrastinator?

The question occurred to me: how could a self-professed "incredibly immature student" become the professor known today?

It turns out that Nagengast had a scary professor of his own at Middlebury. As he tells me about this professor, it occurs to me from where Nagengast's notoriously tough tactics may have derived.

He describes the professor, Dr. Kim Parks: "It was amazing to me to have a professor who just kicked my butt for several hours every week, putting me through humiliation and stress ... and he was able to convey to us that all of that was for our own good."

Nagengast continues: "Looking back on it, I could have walked out and said, 'screw you," he said, "But the only thing I worked hard on the whole semester was that German class."

Suddenly, Nagengast makes a world of sense to me as an

educator. Looking back over the past three years, there are many moments when I had a few choice words for him that I respectfully withheld. But I realize that Nagengast went through the same thing, and he pushed through.

Along this line of thought, I cannot resist asking: "If you could go back and tell your 18 year old self about your life now, what would he say?"

Nagengast smiles. "I think he would be shocked that things ended up pretty well."

Sandy Hook community vows to remember victims

▶ from PIERCE page 9

as well as handling the aggressive press," said Pierce. "She has also been assisting the community through fundraisers, toy drives and so on. She was always there and always on top of it."

As a result of the shooting, gun control has been a controversial topic of debate. With new federal legislation passed in January, it further limits access to these weapons.

Marjorie Moreno, an interna-

tional politics student from Philadelphia, believes differently.

"It is good that the government is doing something to try to make it harder to acquire guns, but it is also a family's responsibility to instill values and morals and to know that, if someone is unstable, they need to do something about them," said Moreno.

While this issue plays out, Pierce focuses on the value of community, and the role it played in his hometown.

"I came from the community

of Newtown and it feels like I came to another community of Newtown," said Pierce. "Whatever Juniata is doing they are doing it right and I want to say thank you for that. I don't want Juniata to lose its community. There has been talk wanting to expand and make Juniata larger, please don't because if we lose this community of Juniata we are going to be losing one of the fundamental aspects of what makes this school a fantastic school and a fantastic community."

Raising awareness for LGBT issues through theater Prof. Utterback's original pieces to be performed in Dublin by Juniata students

By DANIELLE CUTAIA

Neal Utterback, assistant professor of theatre arts will be taking six theater student to perform two of Utterback's plays at the 10th annual Dublin (Ireland) Gay Theater Festival in May. The plays, "American Western" and "Crisis," focus on current issues in the LGBT community.

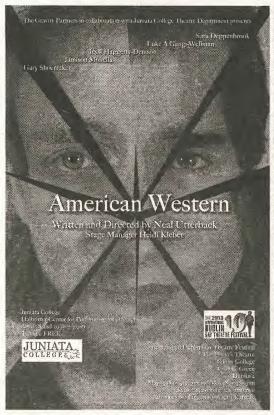
This is the second time Utterback is going to the festival, which takes place May 13-18. but the first time he is bringing students to perform. The festival features pieces from all over the world that cover a broad spectrum of topics relevant to the LGBT community through a variety of mediums.

"American Western" is about a soldier who visits the town of a fallen comrade with whom he'd been in a relationship. The soldier, "through various attempts to do the right thing ... sets off a series of events that lead to tragic consequences," said Utterback.

"It comes to a very unexpected ending," said freshman Luke Gangi-Wellman, who will be performing in the Dublin festival.

The play explores American culture and politics after the repeal of 'Don't Ask, Don't Tell.' "We've [the LGBT community] made a lot of great strides" said Utterback, "I think it's important to remember where we were not so long ago."

Junior Jessica Haggerty-Denison plays two roles in "American Western," Sarah and Two Spirits. She describes both characters as "fun to play." Two Spirits is "very intuitive," while Sarah is "sassy, forward, and playful."





PHOTOGRAPHY BY HARRIS CAULER / POSTER DESIGN BY JOE LARUE

Freshmen Luke A. Gangi-Wellman and Jamison Monella, juniors Jessi Haggerty-Denison and Gary Shoemaker and senior Sara Deppenbrook, will be performing "American Western," at Dublin's Gay Theater Festival on May 13-18.

The play "definitely has a twist to it ... a really strong message about America as a country," Said Haggerty-Dennison.

"I'm taking on the roles of Sassano and Kyle" said Gangi-Wellman. "Sassano is basically, as he likes to joke, a 'prospector'... he serves to drive a side plot of the play."

"Kyle is married to Sarah, and they have a kid on the way," said Gangi-Wellman. "Kyle has a history that nobody knows

about ... He has a lot of issues that he has to address, a lot of internal conflict."

Before its Dublin premiere, "American Western" will be performed here at Juniata on April 28 and 29.

Utterback's second play, "Crisis," is a short play focusing on gay teen suicide using found text such as letters, newspaper articles, and statistics.

"It addresses issues with teens being able to be open about their sexuality, and the consequences it has when they're unable to do that" said Gangi-Wellman. "It goes through different stages; it talks about the problem, it talks about the 'It Gets Better' campaign, and it finishes off saying 'well, we've made progress but

we're still not really there."

"I had been preoccupied by this mounting crisis, this problem, of teen suicide because they were being bullied at school, they were being bullied at

home, they didn't have support at home, and that became their only outlet," said Utterback. "Dan Savage's 'It Gets Better' campaign has made great advances as a resource for helping those kids, but there was another suicide, and it was just the other day ... So, yes it's helping, but yes it's still a crisis." Despite the serious issues they focus on "both plays have some heart and humor to them." said Utterback.

The students involved are all very excited to go to Dublin for the week long trip. "I had no idea that this opportunity would ever fall in my hands," Said Haggerty-Dennison.

"It's a big deal for me because I've never been abroad" said stage manager Heidi Kleber, "I'm so excited."

As stage manager, Kleber's responsibilities include running rehearsals, working with the actors, and calling cues during the show itself. "It's really intense, but I love it." said Kleber.

"I'm thrilled. It's an unparalleled opportunity, for me and the students," said Utterback. "We're going to a country and a culture that is rich in its theatrical history ... No one has ever seen the play that we will do. That's extraordinary. And you get to do that in the company of other artists from around the world."

"Touring as a college sophomore or junior is a really, really big deal" said Kleber.

"I'm beyond excited. It's the opportunity of a lifetime" said Gangi-Wellman.

"I'm paralyzed with happiness" said Haggerty-Denison.

The Mud Guppies: finally music to dance to



The music scene is far from dead on Juniata's campus.

Senior Ben Mahan, with a Theatrical Thought individualized POE, recorded his first album here on campus. The band is made up of Ben Mahan and Marcin Jaroszewicz '12.

The name of their band is called The Mud Guppies. Their first album has nine tracks and is called "Wags," named after Nathan Wagoner, who helped thein record at the Digital Media Studio in BAC. Their music style is described by Mahan as, "dancy blues rock funk." The main aim of the songs they recorded, "were to get people to dance," said Mahan.

Getting enough music to make an album is no easy feat, and the recording process is "frustrating and long," as described by Mahan. "[For] every song we had to remix how all the instruments sounded to get what we liked, because it would change so it was a lesson on patience, acceptance, and letting go basically."

When asked about how he and Jaroszewicz had the idea to form a band, he had this to say: "The band formed when Marcin was



PHOTO BY MARISSA PEDRO

Senior Ben Mahan and Marcin Jaroszewicz, '12, record their first album for their band, The Mud Guppies, in Juniata's Digital Media Studio.

a senior and I was a junior. We'd have like jams with other people and I'd start playing my songs and he'd start playing his djembe and we kind of like after a while, we were the only two left that were still interested in continuing to play and he'd hop on the guitar, and something clicked between us and it just kept happening and every time I'd see him I'd be like 'when is the next time we can play music?' And so it just happened, yeah it was defi-

nitely campus though, the school is what brought us together, the heart of Juniata."

The reason for deciding to record an album for Mahan was because, "It was the first time that I wrote music that I enjoyed, that it stood the test of time, usually I write a song and I don't like it the next day but these were songs that stuck with me so I wanted to get good re-

▶ see GUPPIES page 12

Neil Gaiman's Anansi Boys



Welcome back to Critical Reading, where I discuss all things related to books and writing, and promote my favorite works of literature at the same time. Last semester I took a look at Neil Gaiman's novel "American Gods," which created a universe where the gods of every religion were real, and found new homes in America after their worshippers immigrated there. Well, Gaiman could not let such a good idea go to waste after just one book, so he wrote another one set in the same universe: "Anansi Boys."

Fat Charlie Nancy blames his father for all the strange and embarrassing things that have made up his life, including still being called "Fat Charlie" at age 30.

After his father's death, Fat Charlie returns to his childhood home in Florida, where he learns that his father's powers of embarrassing him were just that—powers.

The late Mr. Nancy was, in fact, the African trickster god Anansi, who, like the other gods, immigrated to America and

took on a human life.

Unfortunately, all of Anansi's divine genes went to Fat Charlie's twin brother Spider, who he had never known existed. Now Spider is living in Fat Charlie's apartment. And he has taken it over. Along with his job. And his fiancée. Desperate to get rid of him, Fat Charlie seeks out help, only to discover the hard way that maybe that was not such a good idea. Now hiding out in jail seems like a better idea than going outside, where the birds will get him.

This is not a direct sequel to "American Gods," and in fact has none of the same characters in it. As such, its scope is very different. While "American Gods" took place all across America, showing a huge variety of gods and people, "Anansi Boys" is largely set in London, with a smaller, more local cast of characters.

This influences one of its major themes: at its core, "Anansi Boys" is about family. Many of the characters have to deal with family members who are embarrassing, oblivious to the trouble they cause, or just plain nasty. A large part of Fat Charlie's growth is him learning to understand his father and brother and to accept his heritage as the son of a trickster god. Spider, while ini-

▶ see READING page 12

Beeghly Library is a treasure trove for the film enthusiast on a budget



Unlike other forms of entertainment exposure in Huntingdon, kids at Juniata who want to watch movies aren't so much limited by proximity. Huntingdon has a movie theater, a conveniently located Blockbuster Express kiosk at Sheetz and hosts of Juniata-sponsored movie events. There is even an old-fashioned Mom & Pop video rental store in the Peebles Plaza; there were formerly two until the other was recently replaced by Woody's B-B-Q.

However, what students are lacking is time and money. A walk down to Sheetz is always warranted, but Blockbuster Express is pricey. The movie theater requires getting a group together and the grating task of arranging schedules. Movie events are not always on, and we don't need to look any further than our childhoods to re-

member that returning rentals on time is a pain in the neck.

If you are feeling cinematically adventurous, however, you can find a film fix without leaving campus. Beeghly Library has a DVD collection and, for the hip retro-phile, a VHS selection that can keep you occupied for a college career. The following films will spice up your cinematic life, or at least give you some way to procrastinate for a night.

Filmmaker Michael Ferris Gibson's "24 Hours on Craigslist" chronicles one day of posts, and the people behind them, on the online classified service Craigslist. Gibson's S an Franciscan subjects represent varying subcultures and lifestyles, and he shows how hopeful posts online can easily result in people's real life connections. Gibson's intention seems somewhat exploitative of his "unusual" or "quirky" subjects, but they seem comfortable with themselves and the camera, so one cannot fault the film too much.

If you are in the mood for some far Eastern flare, the 2004 film "The Twilight Samurai" will surely satisfy. In it, impoverished and recently widowed samurai Se-

66

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bei falls in love with a childhood friend who returns to their home village to escape her abusive husband. Yoji Yamada, a cinematic legend in Japan who continues to direct into his eighties, directed this philosophical samurai drama. Though the viewer will sympathize with well-meaning Sebei and his consistent stream of plight, Yamada does not make things easy for his protagonist, leading to a heartbreaking ending.

As part of the Romanian New Wave of cinema, "Tales of the Golden Age" gives five different takes on life in Communist Romania. Beneath the ironic title lie sardonic, yet playful vignettes that aim to capture the timbre of everyday life during this period. The stories feature diverse characters, such as frustrated truck drivers, con men and foolish party officials implicating themselves in various comedic or just bizarre situations. The film is certainly not a historical document, but it provides a glimpse of a place and time of which most Americans are not even aware.

"The 70s Dimension" also provides a glimpse of place and time some people may not be familiar with: the world of 1970s television commercials. This collection of kitsch features famous ads, such as the famed environment-awareness crying Native American PSA and Muhammad Ali

trash talking Joe Frazier before their famed bout in Manila. Also included are many forgotten ones, like Oscar-Meyer assuring that only the best care goes into the manufacturing of their hot dogs and an ad for the appropriately named "Blitz Beer." After the commercials play out, the DVD features several abstract and sometimes disturbing "remixes" of the commercials that explore their psychological subtexts.

Based on the novel by Jonathan Safran Foer, "Extremely Loud & Incredibly Close" is a pretty solid adaptation of a book that would seem as hard to adapt for its imaginative narrative techniques as it would for its emotional power. The story takes place in New York City and follows a young boy named Oskar, whose father died in 9/11. After finding a key among his father's possessions, he goes on an obsessive mission to find out where it fits. The film sometimes veers into the kind of Urban Outfitters preciousness that can be found in heaps of would-be indie movies, but the story holds its own.

Juniata senior and alum collaborate to record a "dancy, blues, rock, funk" album in DMS

▶ from GUPPIES page 11

cordings of them, really take the time to sit down and make them —sound professional as possible."

So the next step in the process was to find the time and place to do it. Mahan, having worked at the Digital Media Studio for a number of years, decided to ask Wagoner, his secondary advisor and mentor, for help and direction.

Mahan talked about this connection: "Well I think that I had mentioned to Nathan Wagoner that I wanted to record something, I've always looked up to Nathan I thought that he might be able to help me because he is good with cameras so I figured that maybe he was good with audio recording and he told me that he used to record his friends in college so it was just kind of the next step of just well where we could do it and it was kind of his idea."

The Mud Guppies' album "Wags" has 9 tracks, with songs such as "Nico", "Sagan", and "Last

Kiss Sincere." "Last Kiss Sincere" is, in Mahan's own words, "an ode to the musical theatre Gods, and is a Bye, Bye, Birdie mashup with a Mud Guppies twist."

The band currently has a Facebook page which you can check out online at www.facebook.com/ MudGuppies and they are working to get their songs online and open for the public to hear.

In the meantime, they are looking for gigs and shows and, "would love to play at Boxer's," Mahan stated.

So keep an eye or an ear out for the Mud Guppies and support local musicians and bands on campus, because they are ready to play as long as you are ready to dance!

Son of an African god tries to live a normal life, faces divine struggles in fantasy read

► from READING page 11

tially appearing as an antagonistic force, goes through a parallel development as well—the book is about both of "Anansi's boys," after all.

Neil Gaiman uses a formula for this book that he uses in most of his books: a "down the rabbit hole" story. It starts with an ordinary character dropped into an extraordinary situation, with no explanation given to either him or the reader, and both have to figure out what's going on as it happens.

It is not a bad formula, and it works for the type of story that Gaiman wants to tell. I like that there is more variety here in that Fat Charlie, as the son of Anansi, is not exactly a normal person. Still, there are a few things that I knew were coming just because Gaiman uses them in his other novels.

He more than makes up for this predictability, however, with the quality of his writing. Gaiman's use of language to set mood, which I have mentioned before, is just as strong here. With just a few casual sentences, he can conjure up some

terrifying images. There is a scene that clearly pays homage to Alfred Hitchcock's "The Birds" and provides the same sort of tension and suspense as the movie. Gaiman's background in horror really comes through, especially in certain bird-related passages, though it's slightly more understated than what's in "American Gods."

There is also more humor here than in "American Gods," though a lot of it is at the expense of the characters. You know that embarrassing family member you have, the one you pretend you don't

know when they start to act up in public? That secondhand embarrassment is what makes up Fat Charlie's life, and as the reader you aren't sure whether to laugh or cringe at the situations he ends up in.

The result could have ended up as too disquieting, but Gaiman knows how to use his words to create a delicate balance of discomfort, amusement, and curiosity in the reader. This combination holds their attention, making them interested to know what happens next.

I feel like this book was rather

hit-or-miss at times, and I do not think it was as good as "American Gods," but it was still enjoyable to read. If you are unfamiliar with fantasy or the works of Neil Gaiman, this might not be the best place to start, but on the plus side, if you like what you see, you can now find books that are even better.

"Anansi Boys" is currently available in Beeghly Library. Go pick it up sometime and take a look. On an entirely unrelated note, are you afraid of spiders? No? Good.



From Washington Wizard to technology pro Basketball gives Anderson opportunity to give back to the Huntingdon community

By ABIGAIL ROSENBERGER

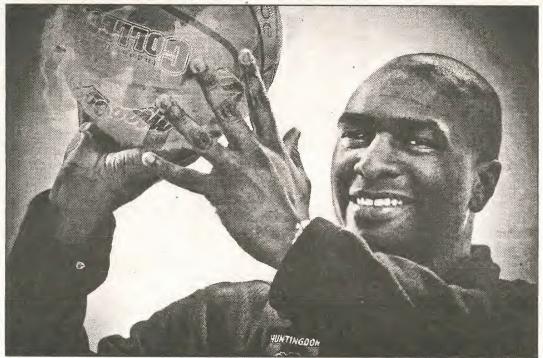
Juniata Information Technology Support Specialist T.J. Anderson had the opportunity to become a part of the NBA's Washington Wizards basketball team in 1998. Instead of continuing his basketball career, Anderson moved his family out of Washington D.C. and has since been using his experiences to teach basketball to children in the Huntingdon area.

Anderson grew up in Washington D.C. before moving to Alexandria, Virginia to live with his grandparents. He attended T.C. Williams High School where he played both shooting guard and point guard.

Despite being heavily recruited by Georgetown, Anderson chose to begin his college education and basketball career at Mount Aloysius College. A year later he transferred to George Mason University where his coach told him about the tryouts.

After the tryouts, Andersonsigned a contract with The Wizards/Price Water House, a subsidiary of the Washington Wizards. Three years later, Anderson was given the opportunity to become a part of the Washington Wizards.

"They were just starting to see the concept of the D-League," said Anderson. "You could get a 10 day contract from the NBA Europe, and go overseas and play over there and then you come back and



T.J. Anderson mentors Huntingdon youth through the basketball program that he started two years ago. His childhood coaches from T.C. Williams High School inspired Anderson to follow in their footsteps and give back to his community. have a guaranteed contract. And I Since making this decision, An- "We've been 42-5 as a program

was offered one of those." Though he wanted to accept the

opportunity to play for the NBA, Anderson also had his family to consider.

"I had married my college friend, she was from Huntingdon, and I moved her down to D.C.," said Anderson. "We had a child at the time, so she didn't want to raise him in the big city. I chose to have a lifestyle of a father.'

Since making this decision, Anderson has moved his family back to Huntingdon, Pennsylvania.

He became involved in basketball again when his son began playing at camps in the Huntingdon area.

Anderson has helped coach not only in Huntingdon, but in the State College and Juniata Valley school districts. Two years ago Anderson decided to start a youth basketball program for the Huntingdon area.

in the last two years," said Anderson. "This year we branched out to more high schools, so we have Juniata Valley kids, we have Mount Union kids, and Huntingdon kids."

The team plays together for five months and has the opportunity to travel outside of Central Pennsylvania and play in several tournaments.

"In my opinion if you want to be the best, you play against the best. Once you beat the best, you become the best, if you can do it out of the area, you can do it here," said Anderson.

Thanks to the opportunity to travel and Anderson's dedication, the 2013 Bearcats currently hold a 14-0 record and won the JMC league on Feb. 10.

"It's the first time that we had a youth basketball team from Huntingdon do that. I was really proud of our coaches and players," said Anderson.

Anderson hopes he will be able to help his players improve not only for the benefit of the team, but to help open doors for each player so they can continue doing what they love and get an education.

"I think more of it for him is he uses the game to help kids and be a part of making them better people and making them better students," said Athletic Director and men's basketball coach Greg Curley.

"My goal, helping out the high school and all, is to send one kid to college every year to play basketball if that's what they truly love to do," said Anderson. "I hope to mentor as many kids as I possibly can to be successful."

Through connections he made playing basketball in college and the NBA, Anderson is able to recommend players to various college coaches. Currently one of

▶ see ANDERSON page 14

Phelps, Lochte, Franklin, Palmer Eagle swimmer breaks records, named all-conference

By STEPH PAGLIARO

With only one year of swimming under her belt, Hillary Palmer's hard work pays off as she ends the season with four new individual records.

At a recent home meet, Palmer beat a record that has not been broken in Juniata's pool since 2005. She swam the 100 meter backstroke in 1:01.01, beating the previous 8-year record.

Hillary first joined the swim team during the 2011-2012 season and was not a part of a swim team in high school. However, she was not going to allow her lack of experience to hold her back this year.

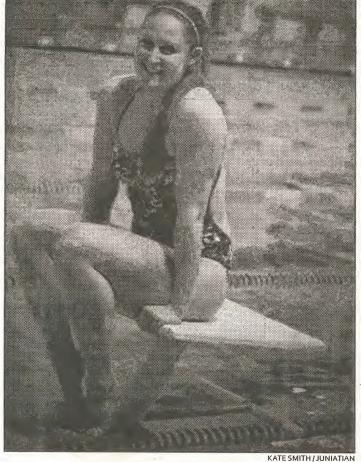
"I think the difference (this year) was putting in more work over the summer," said Palmer. "Last year was my first year, and I did a lot of lifting and other preparatory work

Head coach, Nathan Smith, noted that Palmer 's hard work was evident and that it paid off for her. "Hillary is very focused at every practice. She is always ready to swim fast," said Smith.

He also discussed how easy it is to coach Palmer. "She really took the things that I told her she needed to improve on and worked hard to improve on those certain things,' said Smith.

Seeing their oldest teammate break a record motivated the rest of the girls on the team. "Seeing everyone work hard and seeing it pay off for people gets the entire team excited. It definitely got us all pumped up," said freshman Chrissy Whiteman.

With her accomplishments as proof, Palmer used this newly bro-



Palmer, junior swimmer at Juniata, broke the 100 meter backstroke record with a time of 1:01.01. Team finished sixth at conference championships.

ken record to motivate herself for further seccess at the Landmark Conference championships. She, along with the rest of the swim team, finished the season strongly.

The Landmark Conference swimming championship, or "Champs" as it is referred to, took place on Feb. 8-10 at Marywood University. Three new records were broken for the Juniata swim team.

The 400 free relay team consisting of Palmer, Whiteman, freshman Emily Nye and sophomore Meghan Swavely now holds the new record by 1.11 seconds.

Additionally, Palmer broke the 100 backstroke team record, the 100 backstroke pool record at

► see PALMER page 14

Stepping up to the plate Experience carries Eagles into season

By DIMITRI ROSS

With spring coming soon the Juniata baseball team is gearing up for a big season. They believe this could be the year they win the program's first Landmark Conference Championship.

The baseball team recently began practicing. They have 16 players returning from last year's squad who all were big contributors as well as a large group of talented freshmen. They are looking forward to capitalizing on the gains they have made in the preseason by having a special year.

"I'm really excited for the start of this season. Not only because it is my final go around, but also because I think this team has a real shot to make some noise," said senior outfielder Ben Mersky.

"I think we have made some ignificant improvement. If we continue improving at the rate that we have so far there is no telling how good we can be," said senior pitcher Josh Green.

Those improvements can be attributed to the emphasis on hard work by the coaching staff and the standard set by the upperclassmen this preseason. They have made it a point to lead by example and show the newcomers what it takes to be successful.

"We have really pushed our guys to start this season and they have responded really well. It is not easy to go from having an entire semester out of season to jumping right into it, but with that being said it is our job as a staff to make our guys better. Luckily we have character guys who accept coaching so it makes my job a lot easier," said Head Coach Jesse Leonard.

"Coming into the season we knew the importance of getting off to a good start. Beyond games, getting off to a good start means coming in and being totally committed from day one. If everyone is not all in and giving everything they have then we will not be successful which is why we have put such an emphasis on hard work," said junior catcher Dan Gray.

The team says one of the major things that drive them is their goals. Even when they are going through tough workouts they say that their goals are what keep them going.

"Our goal is always to win a Landmark Conference Championship. We will only be able to do that if we have small goals throughout the season that we slowly achieve, but the ultimate goal is definitely the championship and I believe we have the personnel to do it this year," said Mersky.

"We honestly just want to get better every day," said Green. "The logic behind that is if we are getting better every day then we should be at our best towards the end of the season. If that is the case then we will be fine. The wins will take care of themselves at that point."

"Obviously we want to win the championship, but that is easier said than done. The big thing will be commitment," said Gray. "There will be times when things are not going great and how we respond to that as a team will determine whether or not we are ready to achieve our goal. From what I

▶ see BASEBALL page 15

SPORTS Running, jumping and throwing through the cold

As the weather warms up, so does track in preperation for outdoor season

By CHRIS BEALL

Colin Powell said it best when he said, "There are no secrets to success. It is the result from preparation, hard work, and learning from failure." The Track and Field has experienced all of these. Since Nov. 30, the team has been competing in their indoor season. It started at the WVU Marty Pushkin Track Classic.

The indoor season picked up again on Jan. 18 at the Susquehanna Orange and Maroon Classic and have been competing in meets every weekend since then. The team uses the indoor season for more than just competing. It is also preparation for the upcoming outdoor season.

"We use indoor basically as practice for outdoor. The outdoor season is the main thing for us, especially because we have some limitations during the indoor season. For those who throw and pole vault, like myself, we can't practice that indoors, so we literally use the meets as our practice," said senior Justin Clapper.

"The past few weeks have been challenging trying to get good workouts in. The weather has definitely held us back at times but we are still out every day trying to get better. The last few week have been tiring and high mileage. With a week left to championship the indoor season is quickly wrapping up," said freshman Jecenia Duran.

Despite mainly using the indoor season as practice, the team and certain athletes have been per-



PHOTO COURTESY OF TJ CHIN

Senior Angela Shaffer high jumps for the Eagles. Team heads to Susquehanna on Feb. 23 for Landmark championships.

forming well. Some have broken their own records and a couple has been named to conference honors.

"The team is doing pretty well. Our first meet was okay. It wasn't as good as it could have been, though. Over the last couple of weeks we have definitely made some big strides. The runners have been making some pretty good progress so far this past couple of weeks. Our senior Ryan Trexler seems to be doing well and a junior on the distance team Nate Alter is doing pretty well also," said junior Josh Jessell.

"Katrina Woods is doing well. She just broke her 3000m Landmark Conference Indoor record recently. She also has been named Conference Athlete of the Week multiple times. Angela Shaffer has also been named Landmark Athlete of the Week as well. A bunch of people have also set some of their own personal records," said Clapper.

Despite some of the athletes doing well, the team has been inconsistent at times. The team has had its share of injuries and are not performing at a rate that they

"Training when there is an inch of snow and blistering cold is not fun at all. It definitely makes it hard to stay healthy, which I have been struggling with. Then, when you are competing indoor is air is very tight and it is difficult to breathe. Overall, I think indoor is a great way to get into shape for the outdoor season and I am still adjusting to it," said Duran.

"I think we have performed in the middle. We aren't doing great and we're not doing horrible. There has been some pretty good people that have gotten injured and I myself have been struggling with some leg problems. I think we are in the middle. We are not quite there yet, but we're getting there," said Clapper.

On Feb. 23, the Landmark Conference Indoor Championships will be taking place. The team has a positive outlook for the championships despite their smaller numbers.

'We've been consistently been placing around third besides Moravian and Susquehanna. We're usually nestled in that third place spot just because of numbers. So far we're there. People need to get some work in and get where they should be and we'll be fine. As long as we perform up to our ability, we should be fine maintaining a top three placing," said Clapper.

This year we really just want to improve on our performance from last year. Coach Cutright believes we can finish third. His goal is to get 100 points. We need to keep improving and stay healthy in order for this to occur," said Duran.

"Even though Susquehanna and Moravian are big teams, first place isn't unattainable. It will be tough because of their numbers, but we have a tighter team and that makes us work hard. We could potentially get second or third. It is going to take a lot of work though," said Jessell.

The team currently sits in fifth place with a total of 63 points, which is 14 behind Goucher University for fourth place. Power houses Moravian and Susquehanna sit in first and second place respectively. Moravian has a total of 159 points and Susquehanna has a total of 125. The indoor conference championships start on Feb. 23 at 11 a.m.

Bright future for JC swim

▶ from PALMER page 13

Marywood, and the 200 IM record. As a team, the Eagles finished in sixth at the Landmark championships with a total of 318 points. The girls on the team were very pleased with how the season ended.

"As a team, everybody did really well," said Whiteman. "Everyone dropped a lot of time and everyone was really supportive of each other. Individual performances and team performances were both really good."

The swim team ended with a dual meet record of 6-6. Despite a brand new coach and a young team consisting of only one junior and no seniors the team experienced a great deal of successful.

Smith thoroughly enjoyed his first season at Juniata, "This is definitely the best job I've worked at," said Smith. "My team is a great group of young ladies. They are very easy to work with. They're very focused and they have been doing great."

Looking towards the off season, the girls plan to focus on workouts in preparation for next year.

"After champs, we will start out dry land off season stuff lifting and Coach Smith workouts," said Palmer. "We'll definitely do more than we have in past years."

With such a young group of swimmers, Smith anticipates a strong future. "Because it is such a young team, part of this year has been building up a base and getting the girls used to the new training," said Smith.

The girls on the team also have high hopes for improvements in the future. "I was excited for next year even before champs ended. We are not graduating anybody. Overall, we have a bright future for the team," said Whiteman.

The oldest girl on the team has big goals in mind to work towards for next season as well. "For next year I want to focus on breaking an all-time conference record and maybe trying out some different events," said Palmer. "Mainly I want to maintain a great relationship with my teammates who have been very supportive."

With three new records under her belt and a new confidence for the entire team, Hillary is sure to lead the swim team continued success in the future.

NBA prospect chooses family over fame ▶ from ANDERSON page 13

the players he mentored is playing football at the University of Houston and another is playing basketball at California University of Pennsylvania.

Anderson also uses his camps and practices as a way to inspire kids to pursue whatever they are passionate about.

"I try to bring positive people into our practice to talk to our young men. I often try to bring in college kids that I've mentored on a high school level," said Anderson. "It's putting successful people in front of them and saying this

"I got to know TJ when he first .

came back to Juniata. His son was a camper of ours," said Curley. "He's got great energy and he's a positive influence. It's very clear he just wants what's best for the kids and really enjoys helping guys be around the game."

Anderson felt inspired to begin mentoring kids and teaching them basketball through the influences of Coach Boone and the other coaches at T.C. Williams High School.

actually 'Those coaches changed my life. They actually asked me to get away from the city and have a new start, and that was good for me," said Anderson.

Without their insistence, Anderson may have continued living in the city and playing basketball instead of having the opportunity to raise a family.

"I'm glad that I'm here where I am now," said Anderson. "It's a lot slower, it's family oriented, it's a better feel for me and I thank those coaches for doing it for me."

Anderson hopes he will be able to be an influence on his players the same way his coaches were

"They say in time you become your coaches. I just think I have to pay it forward," said Anderson. "The things that I'm doing now, I hope later on the young men will grow up and they'll do the same thing so we can build a better community."

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Seniors Raymond, Higgins lead Eagles back to playoffs Basketball relies on a relentless defense and experience for success on the court

By JARRETT LEVESH

The Eagles men's basketball team, led by Coach Greg Curley and their seniors Alex Raymond and Nate Higgins, are currently 17-8 with hopes post season success.

Coach Curley, who has been the men's basketball coach for 12 seasons, says out of all his seasons "This is up there in a team that is getting the most out of itself". He is very proud of his team and said, "I believe we play together very well and we are a strong team."

As the Eagles season comes to an end they have their sights set on a good outcome for their last few games and a shot in the post season. "This is where we want to be, playing meaningful games late in the year," said Curley.

Players all agree that although 17-8 is not perfect, they believe they are in good position at this point in the season. "We probably left a couple games on the court, but we are one of the top four teams and that's where I want to be right now," said junior guard Jeremy Hays.

Nate Higgins, senior forward, was also positive about the season thus far stating, "We are going to have a winning record no matter how we end up here, and that's always good." He is happy with a winning season and thinks they have a good shot in the post season.

When it comes to the post sea-



RACHEL MURPHY / JUNIATIAN

Junior Kevin Stapleton helps Juniata win 60 - 46 over Goucher College on Feb. 6. The Eagles finished the regular season 17-8 to lock up the fourth seed in the Landmark Conference and earn their second consecutive trip to the playoffs.

son, the Eagles are ready for anything. "We have the ability and the confidence to beat anybody on any given night," and he believes that this year "It can be possible for us to bring one home," said Hays.

"We are probably going to have to go on the road to do it, but I think we are all comfortable on the road, winning games, and I think we have a good shot at it," said Higgins.

Throughout their last 23 games

the Eagles have had their ups and downs. Higgins said "We are probably not the most flashy team offensively but defensively I feel that we can stop anybody and hold them to a low scoring percentage." The Eagles pride themselves on a strong, lock down defense.

On the other side of things Coach Curley said, "offensively we have to be consistent with our execution and stay confident with our strokes

tal than anything else." As a whole, the Eagles have proved themselves to be a well-balanced basketball team throughout this season.

The Eagles have an outstanding 10-1 record at their home court. The players say the crowd is what really gets them playing hard. "Its turned into a real home court advantage, our crowd," said Higgins.

One of the highlights of the ... a lot of it I believe is more men- Eagles season was when number six Catholic University came to Juniata to face off with the Eagles. To the surprise of some and joy of many, the Eagles upset Catholic 85-75. "Being a top 10 team in the nation is a big deal, they were number six and we knocked them off" stated Raymond, who had the game high 23 points."

While two are on the court the Eagles have three seniors this year. Unfortunately Mike Walker was injured before the season began and now helps the team in any way necessary. Raymond and Higgins, the remaining two seniors, are two of the leading players on the team this year. "These three seniors personify the program and what we stand for," said Coach Curley. "We've all been through a lot together."

Raymond and Higgins are sentimental about this being their last year with the team. Both players agreed that it flew by, they could not believe that it has already been four years. "It went quick, I never thought I would be here," said Higgins.

"It feels like we were freshman last year," said Raymond. Both players agreed that they loved the experience and would do it again if given the chance.

All together the Juniata Eagles men's basketball team is ready for any obstacle that is thrown in their way. They are ready to show everyone that they are a well-rounded team that works together and will not go down without a fight.

Women's baseketball looking to end season on top Young team gains valuable experience while gearing up for a playoff run

By AAREN SELLERS

After last season's appearance in the NCAA tournament, making the playoffs has proven to be nothing out of the ordinary for Juniata's women's basketball team. Starting the 2012-2013 season off with four straight wins, the Eagles have not slowed down yet.

The Eagles have had yet another remarkable season. The team is now 18-7 overall, and 9-5 in the conference.

With a very young roster, the Eagles had a few obstacles to overcome early in the season. Head Coach Danny Young-Ulrich said, "We needed some experience but I think that they have been getting that as the season has progressed."

But one thing that sets Juniata's women's basketball program apart from others is the fact that they are confident in all of their players on the roster. The team aspect of the game is highly important to Young-Ulrich.

"We have a lot of people that can show up on any given night. It's really hard to scout us because if you focus on one or two players there are two or three others that can step it up and score and rebound," said Young-Ulrich."I think that's our greatest strength, we have one through twelve that can really light it up."

Well over .700, the Eagles are on their way into the playoffs. But just because the season is dwindling down to its end, does not mean that Young-Ulrich and the girls are completely satisfied with where they are at. Preparation for the post season will be key to another admirable playoff run.

"Last year things really came easy to us and this year the team



Junior point guard Jordan Hileman leads Juniata down the court in a 96 - 48 win on the Eagles' senior night over Drew University on Feb. 23. She finished the game with nine points, four rebounds, three assists and one steal.

hoping that with that we have more fight at the end of the season and we have a greater appreciation for what we did accomplish," said Young-Ulrich.

"I think we've seen glimmers of greatness and we've seen a lot of work needing to be done," said Young-Ulrich. "This team needs to be able to put it together for 40 minutes and we were close in a couple different games. But to put it together for 40 minutes we haven't done that yet."

Putting a full game is a shared concern between Young-Ulrich and players.

Junior forward Kate McDonald considered the Moravian game to be the season changing game this season for the Eagles. "Prior to that game we had good halves

has to work hard for it, and I'm of games, but that game we re-the small improvements that still ally put it together as a team. It showed that we could play with the better teams. And definitely showed that we're prepared for the post season."

There are also other adjustments that are lingering on the team's mind.

Sophomore forward Alix Sellers had another take on what is in need of tweeking: "Improve our communication as a whole and stepping up as a whole team unit, with the same common goal."

Young-Ulrich will also be focusing on strengthening the team's transition offense and defense during playoff preparations. The Eagles are well known for their running game and they are not about to change their game strategy.

McDonald is not worried about

need work though. In fact she is motivated more by still having something to work on as a team.

"That's what you want. You don't want to have met your potential half way through the season. You want to get there at the end and that's what we're doing," said McDonald.

"We have a great chance of getting 20 wins this season," Young-Ulrich said. "That's a big deal when we're only guaranteed 25 games."

The Eagles have had a successful season that is definitely worth following into the playoffs. With another great record following last year's undefeated conference standing, the women's basketball team has delivered yet another impressive and compelling season.

Swing away

► from BASEBALL page 13

have seen so far I believe we are." The players are fully aware of what it will take to achieve their goals. The coaching staff is as well, but do not want the players overly concerned about that.

"We all know that we can be good this year, but we just need to go out and play baseball. We have a core group of returners as well as a lot of talented newcomers so if we play the right way and don't worry about the other things we will be ok," said Leonard.

It makes my job tough because they are all hard working kids who deserve a shot.

-Jesse Leonard

Leonard went on to say, "I am proud of the way guys have handled this preseason and the improvements they have made. It makes my job tough because they are all talented and hard working kids who deserve a shot. That is a good thing though. I think the competition within the team will make us stronger as a whole moving forward."

The season kicks off on Saturday Feb. 23 at the College of Mount Saint Vincent in Riverdale, New York. The team will look to get off to a hot start to build some momentum going into conference play.

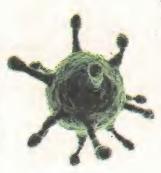
Sickly Horoscopes:

Foreseen by local prophet Miya Williams



Patient Zero: You are the first to get this flu. You feel terrible for a few days, but now you're back in business. You'll even be clear of any blame if you spread it. Some R&R and free OJ is in your future.

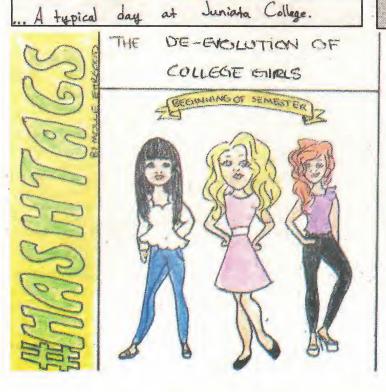
Sickly Seconds: You are the next to get the flu. You had all the same symptoms, and you know you got it from your friend. However since your friends see that you are sick, you will get some heat for spreading it. Taking the blame will be in your future.





Healthy Friend: You made it through the war. Everyone went down around you. You avoided sharing drinks, kept up your fluids and still managed to hang out with your sickly friends. However, you forgot about that one stray kiss at East. A cold is in your future.

What Bio/Chem POE'S really Incredible! Alright. This is ridiculous



How To: Get a Girlfriend Kunal Atit and Jonah Ruggiero

It's that time of year again--spring, and love is in the air. Lovebirds are coupling up everywhere you look. But for every one of these sweethearts there's someone like me: completely independent (read: pathetically lonely). But this doesn't need to be the case. With some creativity, you too can find somone to share in the love (read stop being pathetically lonely).



Leave food outside your dorm room (If you bake, they will come)



Strategically place thicker clothing in the bicep, chest, and for the extremely desperate, boxer area.



Buy your crush a puppy; it worked for Ezra!



Dig a hole outside Ellis. You WILL catch something

Bring up your sibling and go

around telling people how you

raised them yourself.



gray area so watch out)



Serenade people out on the quad. For those who lack musical talent, I suggest lip syncing.



Pretend to be on the Football team. Oh wait... we go to JC.





Wear a mask, I mean you can only go up from here right?

THUMBS UP, THUMBS DOWN



Thumbs up to the men's volleyball team for their win over Springfield. They may be number one in the nation, but we made them look like number two.

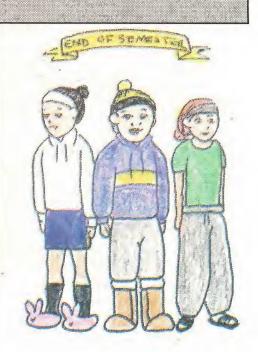


Thumbs down to more students showing up to the Harlem Shake than the presidential forums. Troha's legacy will outlast the Harlem Shake's 15 minutes of fame.



Thumbs up to the South Hall vending machine for donating all its contents to the Cure the Munchies Foundation.





by Mollie Ehrgood -



Juniata College student newspaper, est. 1924

Report - Print - React

www.juniatian.com

THURSDAY, MARCH 7, 2013

Huntingdon community rallies to keep the train rolling Local transportation service to cease if state fails to pay required \$5.7 million fee

By DEVON WISER

Amtrak is considering ending its train route "The Pennsylvanian," the single train line that allows access to Huntingdon and many of its surrounding areas.

Amtrak must pay a price of \$5.7 million by October 1, 2013 or else it will be forced to close down the route. Amtrak has thought about different ways of handling the situation, including simply closing the railroad system or trying to extend the route beyond the 750 mile minimum. The Pennsylvanian is the only passenger train that travels between Pittsburgh and New York.

Dean of Enrollment Michelle Bartol predicts that the train's removal will have a huge impact on Juniata's accessibility.

"The effect on Juniata admissions will be absolutely huge. People will perceive Juniata as too difficult to get to and will instead go to similar schools that are easier to travel to," said

While Juniata does provide shuttle transportation to and from various places such as the Harrisburg International Airport, the University Park Airport and vari-



DYLAN STROMAN/JUNIATIAN
Sophomore Cai Luxiaohe, from Chengdu, China, speaks about the importance of the train station to international students. Also present at the rally were President Thomas Kepple and state representative Dick Hess.

ous bus stops in State College, the prices for these transportation services range anywhere from \$30-\$50. However, a ride to the Huntingdon train station only

costs \$7.50. Assistant Dean of international education Kati Csoman echoed Bartol's concerns about the impact this decision will have on Juniata's

"In closing the Amtrak it will be hard to sell Juniata's accessibility,' said Csoman.

On Friday, March 1, 2013, leg-

islators and community groups led a "Save Our Train" event at the Huntingdon Amtrak Station to raise awareness of this situation. Speakers at this service included Pennsylvania State Representatives Mike Fleck and Dick Hess, the Huntingdon County Commissioners, Huntingdon County Economic Development Partners and Juniata College President Thomas

Our hope is that this will raise awareness because it is crucially important. The train not only provides comfort, but it is economically beneficial. In 2011 there were 203,000 passengers that used the Amtrak, and just under 6,000 of them had used the Huntingdon station," said Amy Wise, executive director of Huntingdon County Business and Industry and facilitator of the "Save Our Train" event.

"Amtrak is being really ridiculous with the money they want appropriated to hold this line. They're basing their argument on what the federal government has cut, but I'm sure that within the next several weeks, through the negotiations with

▶ see TRAIN page 3

Reinaldo Liem takes home the prize Students in Bailey Oratorical advise the new president

By MATT ELIAS

The Bailey Oratorical, a highly esteemed public speaking contest in which the winners earn cash prizes, is Juniata College's oldest academic competition. This year, Reinaldo Liem joins the ranks of 98 elite speakers who have been selected as winners since the competition began.

Liem spoke of the importance of foreign language, stressing that education has become international, business has become international, and that internationalism is at the root of a liberal arts education.

Thomas F. Bailey, who served as presidential judge of Huntingdon from 1916 to 1936, established the Bailey Oratorical in 1915 in hopes of attracting and fostering the development of articulate youth. The Oratorical is made possible by an enhanced endowment contribution from Bailey's son-in-law, Colonel Sedgeley Thornberry.

This year, 33 Juniata students took center stage in the Suzanne von Liebig Theatre, pondering the future of Juniata by presenting advice to President-elect Jim Troha. Juniata alumni Jill Eash Solomon, '99, Colleen Hughes Grater, '06 and Dustin Gee, '10 served as the judges for the preliminary round of the competition and were respon-



SUNGOUK PARK / JUNIATIAN

International student Reinaldo Liem celebrates his victory at the Bailey. He won a \$1,000 prize and great recognition from the Juniata community. sible for narrowing the field of 33

The seven finalists were seniors Robert Strauss and Vincent Smith, juniors Allison Blumling, John Dubensky, Reinaldo Hermawan Liem and Seth Ruggiero and sophomore Brea Neri.

speakers to just seven.

"Preliminary round judges give feedback to all contestants on public speaking, so they must have training as well as be users of public speaking," said Dr. Donna Weimer, chair of the English, communication and theatre arts department and coordinator of the Bailey Oratorical. "We strive to use alums and past Bailey participants. Stu-

▶ see BAILEY page 3

Muddy Run microbe fun Stream murkiness more than mud

By Lauren Liacouras

A group of microbiology students, led by Dr. Regina Lamendella, assistant professor of biology, has been conducting tests to assess how Hurricane Sandy affected microbial environments within the stream in front of East Houses since it hit on Oct. 12,

For Lamendella, taking water samples from Muddy Run was as spontaneous as the hurricane's arrival.

"So, basically when Hurricane Sandy hit, I remember I was at home and I thought, wow, I wonder if there are these things called combined sewer overflows (CSOs) in Huntingdon. When it rains with a CSO, you have a lot of extra water along with everyone's waste," she said. "The waste water treatment plant can't handle that volume of water, so they discharge some of that waste into the streams, so essentially you'd have raw sewage in the streams."

CSOs have become a nationwide problem. Each time there is a major storm, the quality of water sources decreases, creating potential health risks for surrounding residents.

"I thought it would be interesting to do a time series of collected samples during the storm each day, and then after let the stream recover," said Lamendella. "I wanted to see if we could study the microorganisms and how they changed over time in response to

Over the course of the storm, Lamendella and her students took samples from the stream in order to measure any change that may have occurred as a result of the CSOs and the weather event itself.

"I called the water quality company IDEXX and they gave us about \$1,000 worth of water quality tests. We collected well over 30 samples over the course of a week," she said.

Seniors Caroline Solomon and Ryan Trexler, who both work in Dr. Lamendella's lab, decided to participate in the study after being called on at the last minute.

"She sent an email out the night before the hurricane and she said if anyone wanted to join her for sampling to meet her at eight the next morning. I was the only one who showed up that first day, so it was just Dr. Lamendella and I. Over the next couple of days, some other students joined, and we went out and took samples," said Solomon. Trexler also expressed surprise

▶ see MUDDY page 4

English professor retires with impressive 25 year legacy Dr. Judy Katz introduced memorable courses focused on gender, minority issues in literature

By SHALEN PEREHINEC

Judy Katz, associate professor of English, is beginning a phased retirement after 25 years at Juniata. During her time at the College, Katz has affected the lives of many people both academically and personally.

"You would need volumes to record the amount of memories that I have with Judy Katz. She was my advisor when I was here as a student, and she has been the single greatest influence on my academic career from a young college freshman to now, a tenured professor at this institution," said Amy Mathur, chair of the English department and assistant professor of English.

Hannah Bellwoar, assistant professor of English, also has fond memories with Katz.

"When I first started here and still now, I remember having Indian food with her in State College," Bellwoar said. "She has definitely been a mentor to me and part of my really good support system that I have here at Juniata."

Katz also greatly influences the lives of her students.

"Juniata sells this idea of really close teacher-student interaction, and Judy takes that so sincerely



Associate Professor of English Judy Katz will be entering into a phased retirement at the end of this academic year. Katz has been teaching English at Juniata since 1988 and has introduced several beloved traditions.

and seriously. Those bonds last forever," said Mathur. "She read at my wedding. She has a former student who named a child after her. She continues to be a part of lives well after they leave here."

Junior Stacy Porter has only taken one class with Katz, but states that she has helped her sig-

"Judy asked me a lot about my own personal writing because I'm

a novelist trying to get published. She wanted to know if I blogged, and she wanted to follow me. She was really helpful, and she told me if I ever wanted to run stuff by her, I could," said Porter.

Although students learn a lot from her, Katz said she learns a lot from them as well.

"I was in college at a time when my professors lectured to me and told me what to think," she said, "and somehow I have managed as an instructor to know that I'm going to learn as much from my students as they're going to learn from me, and maybe I'll learn more from them."

Katz has also introduced several classes based on gender and minority studies during her time here.

"As a department, we have recognized that literature is not just written by dead white men. A lot of it has been, and a lot of it's great, but they're not the only writers or consumers of American or British literature. So I think that we're headed in a very good direction, one that is inclusive, open and imaginative," said Katz.

Senior Megan Illig expressed how these classes have helped her choose a POE.

"During my first semester of freshman year, I took Women in Literature with Judy, and I loved the class. I'd probably say that was what really steered me toward gen-

▶ see KATZ page 5

New master's program seeks to improve curriculum, enrollment Distinctive courses include an accounting research project, financial economics emphasis

By DYLAN J. STROMAN

The recent implementation of a Master of Accounting program marked Juniata's first push toward offering graduate programs. The MAcc program, an intensive yearlong experience geared toward preparing students for the CPA exam, completed its first semester this fall.

"It's going well. We have nine students currently, which exceeded our early projections by a sizable amount. I think we were projecting around four or five in the first year, we now have nine. It's going to be hard to to predict enrollment going forward, but I think within maybe two-to-four more years we'll settle into the 10-to-12 range, which would be exceptional," said Dr. Dominick Peruso, chair of the accounting, business and economics

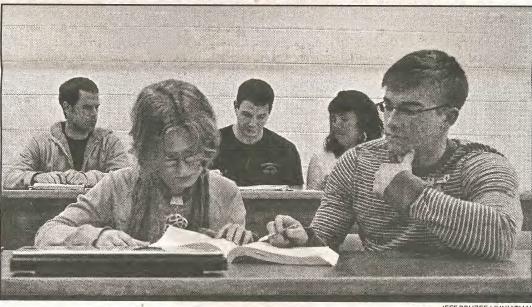
Unlike other graduate programs that can typically range from twoto-three years in length, the MAcc program is a one year experience.

"I think the biggest benefit of our program is that it's short. We pack 30 credits into two semesters without forcing people to go during the summer," said Patricia Weaver, Charles A. Dana professor of accounting, business and economics.

While many would contend that one year sounds brief in comparison to other graduate degree options, Peruso insisted that this is a normal length for MAcc programs.

"A two to three year master's degree in accounting? That's unusual. Many masters degrees in accounting are about 12 months in duration. Ours you can complete in a consecutive fall and spring. That's proven to be a bit on the challenging side for the students, but they're all writing within that full 12 months," said Peruso.

Although it only calls for two semesters of time to be invested, this program still requires an abun-



Graduate students in the new Master of Accounting program study for an upcoming exam. The accounting program contains nine graduate students, earning 30 credits in two semesters, to obtain a master's degree.

dant amount of effort. In fact, this year's students in particular were faced with weighty challenges.

"I think the workload for the stu-

dents was entirely too challenging in the fall semester," said Peruso. "We've tried to make some chang-

The necessity of understanding both the GAAP and IFRS accounting standards is one particular element of the program that is undoubtedly demanding. One of the reasons behind this requirement is a strive toward strengthening students' international capabilities. According to Peruso, recent nationwide efforts in the direction of converging the two principles mark a "very hot issue in accounting right now," which explains why this requirement is essential.

Among the most pivotal components of the program is its inclusion of an accounting research project. A somewhat peculiar feature, both Peruso and Weaver identified this task as one of the primary ways that Juniata's MAcc program is distinctive.

"Students will examine an issue in-depth. Some of our students choose to do original research where they're collecting data, analyzing the data and reporting the results," said Peruso.

One of these projects, conducted by Scott Hammer, '12, probes the financial metrics of numerous

▶ see MASTERS page 6



Speeches included proposals about future changes for Juniata

▶ from BAILEY page 1

dents were judged on coherence, style, structure of their argument, and effective delivery."

"We found the speeches to be remarkably well formulated across all 33 speeches. We had eight speeches alone devoted to improving aspects of diversity on campus," Weimer said.

According to Weimer, this year's speeches fell into three categories. "One group of speakers affirmed what Juniata is and encouraged President-elect Troha not to change things, others provided lists of things to improve, while others gave speeches revealing the identity of Juniata," said Weimer.

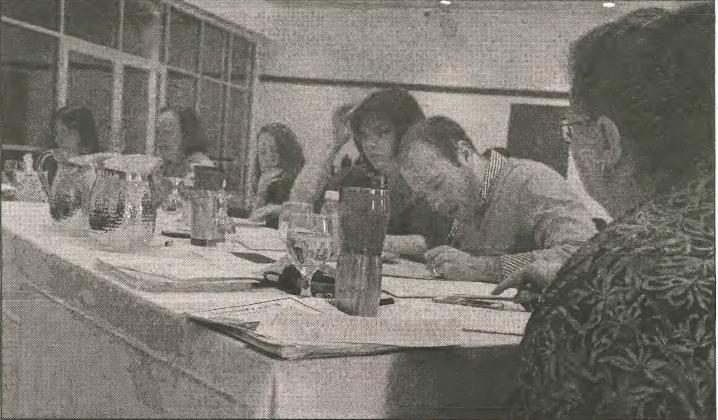
"Being a finalist is such an honor," said senior Robert Strauss. "I've been a part of a lot of great programs and committees here at Juniata, but to be a part of the Bailey finals was an incredible opportunity. I am privileged that I was able to share my views with the world and the Juniata community."

Sophomore Brea Neri echoed Strauss's sentiments. "I was incredibly excited to find out that I had been selected as a finalist for the Bailey," said Neri.

"It is an honor to be selected amongst my peers to continue to the next round. I am excited to present my ideas to President Troha and so many other distinguished guests."

"The advice I gave President Troha in my speech is to expand the presence of service learning programs at Juniata," said Neri. 'Service is inherent in our college's mission and Brethren heritage but should, in my opinion, become a larger part of how we identify ourselves as an institution."

"I gave him advice related to increasing our enrollment staff, the



RACHEL MURHY / JUNIATIAN

The panel of judges in the preliminary round of the Bailey Oratorical, which includes Juniata alumni and professors, are pictured deliberating and rating students after each orator gave their speech. After this round, the five finalists moved onto the final round that was held on March 5.

endowment and winning as an underdog," said Strauss, who served as the student representative on the presidential selection committee. "I related the speech to sports, because that's how we initially related to each other in conversation."

Reinaldo Liem took top honors, and Seth Ruggiero and Rob Strauss were runners-up. The final round took place March 5.

"I'm so proud of all the finalists," said Sarah Worley, assistant professor of communication and coordinator of the Bailey. "The finalists made Juniata proud and I hope President-elect Troha takes to heart the advice he got tonight."

"It was really intense," said winner Reinaldo Liem. "I really tried to stay engaged with the audience and that was my key to success. The feeling is unbelievable."

"I was astonished by the quality of all seven speeches," said freshman Ryan Shelton. "All the ideas presented were thoughtful and quite relevant. I'm excited for the Jim Troha era at Juniata College."

Judging the final round of competition was Mike Fleck, a state representative for Pennsylvania's 81st district and a trustee of the Huntingdon County Library System, Matthew Peters, a Bailey Oratorical finalist and a 2001 Juniata grad and Margaret "Peggy" Over, a 1971 Juniata graduate and a trustee for the Roaring Spring Community Library.

For the final round we strive to find prominent alums, trustees and friends of Juniata with professional accomplishments that require the use of public speaking," said Weimer. "In many ways they reflect the expectations of the professional work world."

Although the Bailey is technically considered a competition for cash, the finalists insisted that the thought of the \$1,000 first prize was not the main factor that motivated them to enter.

"I entered the competition because I was passionate about the topic," said Strauss. "After developing a relationship with Jim (Troha), I wanted to tell him how I felt. The Bailey is one of Juniata's richest traditions and I'm honored to be a part of it. I did not enter for the cash. I entered because I cared."

Rich in tradition and prestige, the Bailey Oratorical offers insightful, well-spoken students ample opportunity to voice their opinions. Embracing change, these students offered President-elect Troha advice for the future, revealing the strong bond that ties together the Juniata community.

Town residents and students petition, protest to continue train line

▶ from TRAIN page 1

PennDot and with Amtrak, myself, and we're going to be reaching out to Congressman Shuster, our new chairman of transportation on the federal level, but I'm sure that Bill will certainly take an interest to this and he'll be on our side," said

Junior Song Mingwei, an international student from Chengdu, China, also addressed the crowd at the "Save Our Train" event. "We don't have a bus. We don't have subways. Basically the train is the only access for us to get out of town. Although we can ask friends for help, to give us rides, but, you know, rides are not available every single time. Spring Break is coming and we are not supposed to stay in the school. If we don't have the train, where do we go? Stay at State College for a week in a hotel and do nothing fun? It's really not convenient,' she said.

Concerned Huntingdon civilians also spoke out during the rally. One Huntingdon resident said, "I think that we have all been taught that there are solutions to every problem. And that's why all of us are here. Here's the station. There's the tracks. The trains are moving. We're all here. What are we here for? To keep it there. I'm not representing any group, but I'm with the people here who definitely need its service."

The final guest speaker, who



DYLAN STROMAN / JUNIATIAN

Huntingdon residents and Juniata students rally next to the Amtrak station in support of its preservation.

traveled from Pittsburgh to the event via. the Pennsylvanian, was Michael Alexander, president of a volunteer group called Western Pennsylvanians for Passenger Rail. Alexander also stressed the importance of keeping the one train that we have.

"Lets be clear, if this train is cancelled in October, we have to assume that it will be gone

for good. You'll never see a passenger train in Huntingdon, Pennsylvania again. You have to assume that. Maybe in 30 or 40 years, it'll be different, but when you're my age, that's forever," said Alexander.

Alexander emphasized that economic growth across the state of Pennsylvania depends on the availability of proper public trans-

portation. "It's a big issue. It has been covered by the media from Pittsburgh to Lewistown, including Huntingdon, print, radio and TV. Reaction has been overwhelmingly in favor of keeping the Pennsylvanian running. Support for this train is coming across loud and clear. We've put this on the public agenda," said Alexan-

In discussing the \$5.7 million price tag associated with keeping the Pennsylvanian alive, Alexander insisted that this is not an unusually high cost for such an initiative. "That's a lot of money for you or me, but lets face it, it's really small in terms of how much transportation expenditures run. It costs about \$6 million to resurface five miles of four-lane highway. In fact, I could point out two projects here in Huntingdon County which cost in the same ballpark. 11.5 miles of resurfacing on Route 26 cost \$4.1 million, a bridge over the New Juniata River on Route 22 cost \$10.5 million, so \$5.7 million is what things cost," said Alexander.

President Kepple also addressed the crowd. "I'm here representing 1,600 Juniata students and 400 faculty and staff at Juniata who need this train. We took a survey of our students this week just to figure out how many of our students actually do use the train or want the train. We had 1,040 responses out of 1,600. 86% of those students say they use the train, their family uses the train or they know someone who uses the train," said Kepple.

Representative Fleck chimed in on the importance of this service. "We don't want this to be the missing link in public transportation. Public transportation continues to be a vital part of our service that we offer here, and its critical that we continue that."

Water surveys show improvement in levels of fecal coliforms and E.coli

▶ from MUDDY page 1

at the sudden offer.

"Dr. Lamendella came down into lab and said she had this awesome idea and asked if I would be interested in helping," he said. "It was pretty random because the storm happened out of nowhere."

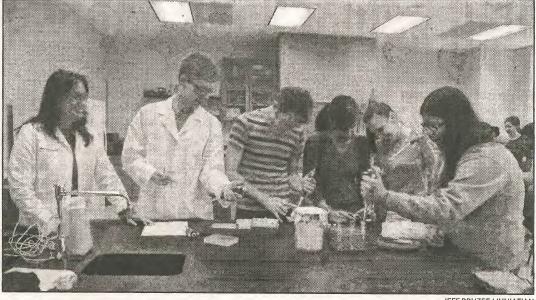
NEWS

Both Lamendella and her students performed various tests following their initial sampling in Muddy Run in order to more closely examine the microbial changes within the water.

"We did colialert tests for fecal coliforms in the water and we also tested for E.coli. At the beginning of the rain event, we saw that there was a high number of fecal coliforms and E.coli, but toward the end of our sampling we had very little to none," said Solomon.

According to Lamendella, the conducted tests have shown promise to she and her students. The success of the project will in part be determined by

'We're definitely going to get a lot of data. There are a lot of different types of bacteria in the samples, especially because it's a temporal span," said Trexler. "We should also see changes in the community structure."



Dr. Regina Lamendella, assistant professor of biology, oversees students in her Molecular Techniques class performing microbial community analysis of water samples collected from Muddy Run during Superstorm Sandy.

The data will take a few weeks to process. Once the data returns to students, they will be able to further study the microbial changes.

"The sequence data will come back hopefully in the next two to three weeks, and we'll analyze the data with a program called QIIME," said Trexler. "Basically you can take your sequence data and analyze them with bioinformatics tools that are used with the program."

Dr. Lamendella's hurricane analysis project is the first of its kind here at Juniata. She believes the study to be both a unique and beneficial learning experience.

"Undergrad students are doing cutting edge research, which is pretty amazing," said Lamendella. "They're learning things they've never learned before, such as how to deal with millions of organism

sequences. They are also learning about important molecular techniques, going all the way from a taking samples, trapping the microorganisms, extracting the DNA, amplifying the gene and then preparing the product to get that se-

Junior Alicia Snyder, a zoology POE, heard about the study and expressed interest in the students' work. "Although it's unnerving to think that we have E.coli and fecal coliforms running through campus, I think that it's a fantastic opportunity for Juniata students to closely analyze microbial environments, something they may not be able to do at another school," said Snyder.

"If it has a direct link to the CSO sewer input, then there should be some fecal bacteria related to that," said Trexler, "and although I wouldn't recreate in Muddy Run, students should not be con-

According to Lamendella, the goal is to go from sampling to publication over a 16 week period.

"I think there is a push, especially by the EPA, to eliminate CSOs over the next few decades, but that would require a change in infrastructure and a lot of money," said Lamendella. "Hopefully studies like this will highlight the importance of getting rid of CSOs."

"How many people get to say that on their day off from the hurricane that they went out and sampled?" said Solomon. "It's really cool to see the project go from sampling to findings at the end of the semester. We're all hoping to write as a class and submit our findings to a scientific journal, which is very exciting."

Coffee cart rolls in as senior gift Class of 2013 hopes to raise \$41,000 for stand

By Lauren Lesser

This year's senior class gift, a coffee cart that will be built in Beeghly Library, was announced at the senior dinner on Feb. 23. The class of 2013 hopes this gift will be beneficial to the campus in future

Several steps went into choosing the gift. To get their classmates involved in the decision making process, the senior class officers focused on hearing the ideas and opinions of their classmates.

"We compiled a list of a lot of different ideas and then left it up to the class to decide what they wanted to do through a Google Doc," said senior Nathan Brock. "We narrowed it down to five and from there, we sent it back to the class and they voted on it. The majority of students in the senior class voted for the library coffee cart."

After the ballots were cast, the decision was sent to facilities, library staff and Robert Yelnosky, vice president of finance and operations. Different figures on how much the café would cost for initial renovations, supplies and staffing were given.

In order to fund the gift, the senior class officers and leadership committee asked their classmates to donate their freshman matriculation fees to the gift.

"As a freshman, we all have a \$200 deposit that we give. When we graduate, we get that money back. Our plan is for everyone to give that deposit directly back to the gift. A good portion of the class usually decides to give. If you give all \$200, you get your name on the gift. There will be a plaque to say thank you behind the coffee stand," said senior class president Robert Strauss.

According to Miranda Peruso, director of the Juniata Scholarship Fund, this has always been the way the senior gift was funded.

"It is the history of the class gift.

No one has to give a donation out of pocket. On occasion, certain individuals will donate a gift of a smaller amount, but the majority of the class gives their full matriculation fee," she said.

The senior class officers hope that 80 percent or more of the senior class will participate in funding the gift. The end goal is to raise

"It would be the highest class gift ever," said Peruso. "Last year's senior class was able to raise around \$40,000 so it is very doable."

Senior Melissa Zilch was happy to contribute to a gift that other students will be able to enjoy in the

"I wish that there had been a coffee shop in the library during my time at Juniata, so when I was asked to donate my money to our class gift, I didn't mind giving it all back so that others could benefit from it," said Zilch.

The senior class is first asked to consider donating their matriculation fee to the gift at the senior dinner. Information regarding fundraising for the gift is available on the senior class website. The website allows students to track the progress of the funding.

The funding for the senior class gift will do more than provide a coffee stand. "With the rest of the money the senior class raises, an endowment will be set up for the stand. If anything more needs to be bought, it will come from that money. Juniata will not need to be continuously paying for it," said

To incorporate their classmates again, the senior class officers are organizing a naming contest for the stand available to students who donated their full matriculation fees. The class officers will organize this through another Google Doc.

'We're doing as much as we can to tie everyone else back into it. It's pretty cool," said Brock.

see GIFT page 6

Wine and Cheese





STEPHEN NOLAN / JUNIATIAN

Top: Seniors Alex Dintriff, Kaitlin Krueger, Cara Mayo, Michel'le Bennett and Theresa Ginley chat over wine. Bottom: Director of Alumni Relations David Meadows, seniors Cristie Albert and Toni Harr, and a member of the student alumni association are all dressed nicely to attend the networking event.

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Campus gun policies evaluated Safe houses student firearms in public safety office

By Spencer VanHoose

With the recent gun-related disasters across the nation, Juniata has updated its gun policies within the past year to adapt to society's state of high alert.

Jesse Leonard, director of Public Safety, explained the recent changes made to safety policies on campus. The firearms policy now includes regulations on airsoft guns.

"We added the pneumatic weapons that resemble real firearms. Unlike a Nerf gun, they are pretty realistic. They are made to resemble a real weapon," said Leonard.

There has been confusion about which types of guns are or are not allowed on campus. Nerf guns are allowed to be used on campus but in a secure place known by Public Safety. "There is the occasional Nerf gunbattle in BAC," said Leonard.

Nerf guns have not caused alarm on campus. Other airsoft-related guns that are transformed to shoot Nerf darts are of concern.

"There were some paintball guns modified to shoot Nerf darts and the popping noise is a concern for us," said Leonard.

There is also a gun safe for students located in the Public Safety office.

"A student can register their weapon with us and we'll keep it in the gun safe. We tag it and when they come and get it they have a matching tag and their ID card so we know we are giving it to the right person," said Leonard.

Owning a gun on campus is not strictly limited to hunting weap-

ons. Sophomore James Hemminger uses a gun for recreational purposes. Hemminger has stored his hunting rifle and long bow in the safe.

"The first time you go, you take your gun down, you get theserial number off the gun and write down all the information on two cards. Public Safety keeps one and you keep one, so when you go, you give them your card so they know who you are," said Hemminger.

"Anything within the weapons policy we can register and keep for you," said Leonard.

The discretion is up to the department to determine whether the reason for retrieving a weapon is legitimate. "We have the ability to not give it to you if we think you don't need it," said Leonard.

Prior to 2007, the year before the Virginia Tech massacre, Public Safety officers were unarmed.

"When they armed the officers, they had done some student forms and actually polled the students, and a lot of the students on campus weren't aware that we didn't carry (firearms)," said Leonard. "With our uniform and all the stuff we have on our belt, a lot of students just assumed there was a gun on there. They didn't know that we didn't carry."

Sophomore Hannah Hostak was unaware that Public Safety officers were armed. "It gives me butterflies in my stomach. I don't feel that guns are the best tool in preventing violence," said Hostak.

"Since we've armed in 2007, we have never actually unholstered our weapons on campus,"

said Leonard.

"If you cannot approach an officer and feel safe, then you are not getting the right Juniata experience," said Hemminger.

Hostak does not believe that officers should be armed. However, officers carrying guns does not change her feelings about them personally. "They (Public Safety officers) are pretty friendly. I don't think they're any less approachable," said Hostak.

Michael Miles, a Public Safety officer, has been with Juniata since 1999. Carrying a firearm has not impacted Miles' duties on the job or the way he interacts with the public.

"It's added a lot more responsibility to my job. There's a lot more training," said Miles.

"To have the ability to carry a weapon, all of our officers are PA Act 235 certified," s aid Leonard.

PA Act 235, or the Lethal Weapons Training Act, calls for the training and certification of protective patrolmen when carrying and using lethal weapons in their employment. It also grants powers and duties to the Commissioner of the Pennsylvania State Police and imposes penalties.

"They are trained again on the use of lethal force and the responsibilities that come with carrying a lethal weapon. They have to shoot a certain qualification score in order to be certified. That's only required every five years but we actually re-qualify ourselves with an outside agency every year," said Leonard.

Sophomore Robin Adak, an ex-

Career Day





SUNGOUK PARK / JUNIATIAN

Top: International student Qing Zhang converses with one of the employers at Career Day which was located in the IM Gym of the Kenney Sports and Recreation Center on Friday, Feb. 22. Bottom: Freshman Hailey Aguero listens to one of the employers present at Career Day.

change student from the University of Lincoln in the U.K., discussed the differences in gun polices. "Specific officers can [have guns], or if you work for an embassy and you are security, you can have firearms," said Adak. "Police officers have Tasers and Mace, but they don't really carry guns."

Adak also mentioned that there is no campus security at the University of Lincoln. "If people on campus had guns, Virginia Tech

would have been cut very short. So (armed officers) seem like a reasonable protection device," said Adak.

"At Juniata we have such a strongly-knit network of people and they come here because of the community. Maybe that's why we don't have violence and why we really don't need guns to deal with conflicts- because we already have a mutual respect for each other," said Hostak.

Retiring faculty member leaves pioneered programs Unlock Your Voice, Lift Every Voice

▶ from KATZ page 2

der studies," she said. "She wanted other people to be as passionate and as caring about the subject as she was, which I really, really loved."

The department wanted to ensure that Katz's successor would carry on this emphasis.

"After those interviews all finished, the department sat down and had a very long, thoughtful and sincere conversation of who would be the best fit for Juniata in terms of promoting awareness of minority literatures, African-American

literature, gender studies and sexuality studies," said Mathur.

"One of the things that would gratify me tremendously is the continuation of Unlock Your Voice and Lift Every Voice because these definitely are my babies," said Katz. "It's one of the only times that our students have a chance to really embody and live the literature."

Unlock Your Voice is a biannual event that Katz created that emphasizes women in literature. During the off years, Lift Every Voice emphasizes African-Americans in literature. Students are encour-

aged to present about a figure of their choice.

This year, the coffeehouse celebration of Unlock Your Voice will occur April 19 in Ellis Ballroom.

Illig has been involved with the events during all four years here.

"I love seeing Judy's face when she comes into the room on the night of the performances and she sees everything decorated," she said. "You can just tell how happy she is to be able to provide these events for campus and how much they mean to her."

Katz will not officially retire un-

til spring of 2014, but her successor has already been chosen. The process started with over 100 candidates, which were then narrowed down to 16. Katz and Carol Peters, director of the Writing Center, then interviewed the remaining candidates at the Modern Language Association conference.

"We really wanted Judy to be a part of that because of the legacy that she's leaving here," said Mathur.

Peters and Katz then decided on four candidates to bring back to the school for interviews. Student input was very important in the final decision.

"I was asked by the English department to actually meet with one of the candidates, and we took her to lunch at Baker. We kind of gave her a break from all of the professors grilling her," said junior Tara Brumbaugh. "What I wanted to do for her was to give her the chance to speak with us about Juniata."

"We wanted someone who would reach our students and who would fit the Juniata mold of teaching, where teaching comes first, and who could handle the intense interactions with students that don't happen in other places," said Mathur.

Dr. Amanda Page has been chosen to be Katz's successor.

"She's going to be a very different teacher. There's not going to be another Judy Katz," said Mathur. "Let's be very clear about that, but she will carry on the legacy that Judy has started in this department, and we're very pleased to have her be Judy's successor, not her replacement."

Illig had the opportunity to meet with Dr. Page before she was chosen for the position.

"I thought she was absolutely wonderful when I met with her. Something just felt right about her. She felt so genuine, probably one of the most genuine people I think I've ever met, and that's not a feeling I get very often from people when I first meet them," said Illig. "But you can never replace Judy. I don't think that's even possible."



Senior Dinner



News





SUNGOUK PARK / JUNIATIAN

Left: A group of seniors pose for the camera as they enjoy themselves at the Senior Dinner which was held on Saturday, Feb. 23. Top right: Seniors Stacie Beegle, Moira Mackay, Elena Popchock, Kieran Cavallo and Maxwell Martin smile for a photo. Bottom right: Seniors Eric Huet, Ben Tritsch, John Prout and Greg Hess are tasting wine at the Senior Dinner.

Google Docs to be used as an inclusive, easy way to decide on gift's name

▶ from GIFT page 4

Other students on campus agree that this senior class gift will be beneficial in future years.

"I think it would be beneficial because we won't have to leave the library to run to Jitters or Mocha Run. It will save us time as students and allow us to get more work done," said sophomore Nicole Dengler.

Strauss also identified the benefits that this gift will offer.

"Students will be able to have the convenience of having coffee and other beverages readily available in the library. It will be open when the library is open, and students won't have to walk out in the cold or rain," said

Sophomore Brianna Riggleman is in agreement that the coffee stand will be of great convenience during the winter months.

"The stand would allow students to make less trips to surrounding buildings during the cold winter months. I feel that a library café would be beneficial during their study or work hours," said Riggleman.

"While past senior gifts were very nice contributions to campus, I feel that this gift will serve as a great use to the Juniata campus," said freshman Loren Ball.

Ball also insisted that this addition to the campus is very practical. "Everyone knows how long lines can get at other venues and it is not exactly convenient when you are at the library to pick up all of your work just to get a drink," said Ball.

"We want senior class gifts to make the campus more beautiful or to be functional," said Peruso. "There's different reasons for why each senior class chooses what they chose and I think this one has functionality and has a lot of fun aspects to it as well. I think it benefits everyone on campus."

"I think, and the rest of the officers think, that it's going to be very helpful to students. It is one of those things that students actually want," said Brock.

MAcc prepares graduate students to meet new CPA exam requirements

▶ from MASTERS page 2

liberal arts colleges. Hammer's research is based on a book written by David Breneman called "Liberal Arts Colleges: Thriving, Surviving or Endangered?"

"This was a very sexy book in higher ed., particularly for people who were working at or fans of liberal arts colleges. He (Breneman) had a very restrictive view of what liberal arts colleges really are, and he said at the time of his research that only 212 existed," said Peruso.

Hammer's project identifies that only about 130 of the remaining institutions currently maintain Breneman's definition of a liberal arts college. His approach involves analyzing the financial ratios of each of these institutions and comparing them across the board.

According to Weaver, another major benefit of the program for those who have completed Juniata's undergraduate program is the familiar environment. "I think it's an advantage to not have to go someplace else and get used to a whole new system and a whole new place. It seemed like a no-brainer for us to offer the program," said Weaver.

Graduate student Jared Clark, '12, echoed this sentiment. "What sets it apart from other programs is that they're all the same professors from undergrad. It's not like you're walking into some new school and they're like, 'Oh, we're just going to have this guy for a year.' They have a vested interest in how you are doing and they're all pretty helpful," said Clark.

With the rigid increase in requirements for becoming a Certified Public Accountant in Pennsylvania, it is clear that implementing

such a program was a necessary maneuver. This certification, recognized by the state governments in all 50 states, is required in order to legally perform important accounting operations such as external audits. Because Juniata does not offer a sufficient amount of courses to fulfill the new 36 upper-level accounting credit requirement, the ABE department essentially had to choose between offering a five-year undergraduate program, crafting our first graduate program or simply not preparing the accounting students to meet the CPA prerequisites.

"Clearly if they (students) are committed to going into public accounting, you are doing them a disservice by saying, 'Here, pay for five years of an undergraduate degree,'" said Peruso. The third option would also do injustice to aspiring public accountants. Without acquiring the CPA certification, many of the most desirable public accounting career options are simply not an option.

Upon passing the CPA exam, Weaver said that "the whole world changed, and suddenly I was qualified for a whole lot of jobs that I had never been qualified for before."

Weaver also discussed how having the CPA certification can make or break one's ability to get certain jobs. Even positions that do not necessarily require many of the skills covered by the CPA will still put "CPA preferred" or "CPA required" on job descriptions.

"What they're saying is, 'We want only smart people here,' and it's a way for them to limit the

number of people who apply because only about 10-15% of the people who take the CPA exam pass it," said Weaver.

While the statistic Weaver mentions sounds somewhat intimidating, it is worth noting that one can pass this exam part by part. Clark admitted that he does not think he will pass the exam on his first attempt, and said that he would be happy if he can pass one or two sections each time he takes it.

"They don't expect you to pass the whole thing before you start your job, that's kind-of impossible. Most people have it completely done by the middle to end of their second year working. When an accounting firm hires you, they need you to have the 150 credits and they need to know that you're attempting it (the CPA exam)," said

Clark

Clark expressed gratitude for the MAcc program because it helped him to secure a job at KFMR, a public accounting firm in Pittsburgh. This job begins in June pending Clark's graduation.

Especially in the current state of economic turmoil, where tax laws are changing and buyouts are occurring at an increasingly frequent rate, more and more CPA services are demanded by the day. According to the Bureau of Labor Statistics, in 2010 there were a projected 1,216,900 jobs in accounting and auditing across the nation. With this number expected to increase by 16 percent over the next seven years, it's clear that going through the process of attaining a MAcc degree has the potential to open up worlds of job opportunities.

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Letter to the Editor

Dear Editor:

I would like to take this time to formally complain about the conduct of the Resident Director and the Resident Assistants assigned to Sunderland. On the early morning of Saturday, February 23, just after it struck midnight, the fire alarm went off. While I was irritated that I had to get out of bed, it was obvious that this wasn't a fire drill, so I got dressed and went outside to wait to be able to go back to bed. After a while, it was clear that the fire department wasn't called and the fire alarm went off, and the students, including myself, went back inside the dorm.

However, at three in the morning, the fire alarm went off again. Again, I was slightly irritated that I had to get out of bed again, but again it didn't seem rational that they would schedule a fire drill at three in the morning. So I went outside and waited to be able to go back inside again. After about five minutes, it didn't appear that the fire department was called and the fire alarm was turned off. Everybody went back inside the building. I was slightly irritated that this happened twice, and I wanted to get an answer to whether this was a scheduled fire drill. Immediately when I walked back inside, I saw that a JCPS officer was standing by the fire alarm. It was very clear that he was the one who turned off the fire alarm. I asked him politely if he knew whether this was a drill or not. He told me that it wasn't a drill. With that piece of information along with the fact that the fire department wasn't called, it was clear that somebody managed to set the fire alarm off by accident by either burning popcorn or whatnot. So I went back to my dorm to finally get some needed sleep.

It was shortly thereafter that something bizarre happened. About two minutes after the fire alarm was turned off, somebody came through the hallway banging on our door shouting that we had to go back outside because it wasn't a drill. It was very clear that this was either the Resident Director or a Resident Assistant doing this. So I had to get dressed back up again and stand outside again. Then, after a while we were finally let back inside and

get some desperately needed sleep.

However, what irritates me the most isn't the fact that the fire alarm went off twice in a three hour period in the middle of the night robbing me of my sleep. Rather, it's the fact that the Resident Director and the Resident Assistants made a blatant error during the second fire alarm. The error was that they turned off the fire alarm before the all clear was given. This being my second year at Juniata College, I have been through enough fire drills to know what's supposed to happen. What's supposed to happen is that the Resident Director gives the all clear for people to come back inside, the fire alarm is then turned off which in turn signals to the students that the all clear was given to go back inside. However, in this case, the fire alarm was turned off before the all clear was given.

But as if that blatant error wasn't enough, when I questioned a Resident Assistant about it, he lost his temper and got angry at me for pointing out the error. He rudely told me that I broke federal law by coming back inside the building while the fire alarm was going off. I was dumbfounded by this and told him that the fire alarm was turned off by a JCPS officer and I witnessed him by the fire alarm after he turned it off. The Resident Assistant, still being impolite, tried to explain to me that the fire alarms go silent after a certain period of time and reiterated that I broke a federal law. However, I wasn't having any of that. I told him that I know for a fact that even if the fire alarm goes silent the light still flashes, and the light wasn't flashing when we went back in the first time. That is when I decided to walk away from the conversation because it was obvious that he wasn't going regain his cool anytime soon.

Obviously, there are some questions that need to be answered as to what exactly went on during the early morning of Saturday, February 23 in Sunderland. But I would like to point out at this time that there is a history of abuse of power by the Resident Assistants here in Sunderland. Some examples of this are Resident Assistants repeatedly entering rooms before quiet hours are in effect to quiet to tell people to

quiet down whether there is a party or not going on in the dorm. (And yes, while there is a courtesy quiet hour policy, I have witnessed Resident Assistants quiet down parties that aren't actually making that much noise at all - as if they just want to quiet them just for the sake of it). Another example of the Resident Assistants abusing power is a Resident Assistant writing somebody up for (and I quote), "passively aggressively erasing the whiteboard on dorm doors." While these are just some examples that I have witnessed with my own eyes, I am sure that there are other incidents that have occurred that I am not aware of where the Resident Assistants have been out of line.

Now I know that Resident As-

sistants are human and make mis-

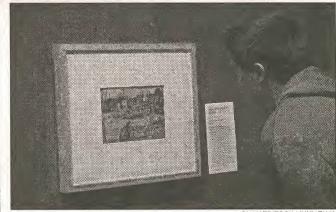
takes. However it seems as though the Resident Assistants and Resident Directors see themselves as vigilantes tasked with the job of being the judge, jury, and executioner. They should be reminded that in reality, their job is of a supportive nature. As defined in the Resident Assistant job description, their job is to provide personal help and assistance to residents, manage and facilitate groups, keep students informed and when necessary direct them to appropriate referral sources, explain and enforce rules and regulations as outlined in the Pathfinder, maintain an orderly and reasonably quiet environment, and to facilitate programs to promote the growth and development of students. Notice that while they are in fact tasked with enforcing rules, nowhere does it say that they have to enforce it as if we were living in Nazi Germany, and furthermore, notice that it is specifically worded "explain and enforce" which is again indicating that the task should be one of education and support and not one of pure discipline. So in conclusion, I believe that not only should somebody take a serious look at what exactly happened in the early morning of Saturday, February 23, but also somebody should take a serious look at the way that the Resident Assistants and Resident Directors are going about their du-

> Duncan Morgen-Westrick Sophomore

JCMA Opening Exhibition







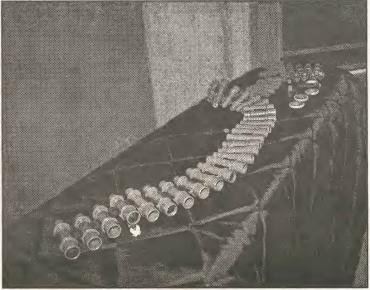
RYAN TRITSCH / JUNIATIAN

Top: Juniata students admire the artwork that was created by their peers at the JCMA. *Middle*: Senior Johnathan Abend's untitled oil on canvas artwork appears in the student exhibit at the JCMA. *Bottom*: Freshman Reese Fisher studies the artwork at the exhibit.

Nerf Wars: May the odds be ever in your favor

ties here at Juniata College.







STEPHEN NOLAN / JUNIATIAN

Top: The Hunger Games nerf war took place in Brumbagh Academic Center on Saturday, March 2. Bottom left: Junior Sloan Kass and sophomore Nathaniel Wright instruct the voluntary tributes in the Juniata Hunger Games. Bottom right: International student Bader Alnoaimi hopes to shoot one of the tributes from the other districts.

Meet the nocturnal needs of Juniata's night owls: 24/7 library hours

EDITORIAL

9:00 p.m.: After a solid threehour nap, create an extensive list of work to be done tonight.

11:00 p.m.: Two hours after just "checking your Facebook real quick," realize procrastination has gotten the best of you. Begin work.

11:15 p.m.: Early-to-bed roommate returns and asks you to move to the lounge to finish working. Decide to go to the library instead.

12:00 a.m.: Arrive at the library and start working again.

1:00 a.m.: Only an hour later, kicked out of the library because it is closing time. Move to VLB to finish work.

2:00 a.m.: After working for an hour in VLB, get kicked out because it is closing time there. Realize it is already 2:00 a.m. and having spent so much time picking up and moving from place to place figure you might as well just call it a night and get work done tomorrow.

This situation is far too familiar for Juniata students. Many of us have a "go to" study spot on campus, whether it be the corner lounge in Von Liebig or the table in the basement lounge of Sunderland Hall. But sometimes, these places can be crowded, noisy or just plain distracting. Juniata students need a place they can go 24 hours a day if they just cannot seem to bring themselves to put down their organic chemistry book. Students need a place that is free of the hustle and bustle that occupies Eagles Landing or a residence hall lounge.

Why not open Beeghly Library for 24-hour access from Sunday night to Thursday night? I am quite certain that due to the large amount of dedicated students pulling all-nighters to finish up biology lab reports or ten page term papers, if Beeghly library were open 24 hours, it would be a highly frequented place. It is a hassle and deterrence for students to have to

move from location to location on any given night.

Some may have reservations about this proposal citing security measures or employing staff for overnight duty. The answer to this is that Juniata prides itself on being a trustworthy community. Traffic from 2:00 a.m. to 8:00 a.m., when the library would normally re-open, is bound to be significantly less than the traffic received during normal opening hours when staff members are present.

Juniata could easily install a swipe card system on the entrance doors to the library that is identical to the swipe card systems on all residence halls. The system could activate after 1:00 a.m. when the normal library assistants clock out. This would ensure that only students were able to enter the building after 1:00 a.m. and would reassure students of the safety of the facility in the wee hours of the night. If there was still skepticism regarding the safety of the be installed so that public safety could be quickly notified if a problem were to arise.

Students would have 24-hour access to the library's tangible resources and a quiet place to work throughout the night. Some may find it easier to work in the library simply because of the environment. Being away from the dorms eliminates distractions and helps students focus on the work at hand. If a sleep-deprived student is doing their homework on their comfy bed surrounded by pillows, it is much easier to just fall asleep or toss in the books then it is when sitting at a table in the library.

Every student has different study habits and for some students, the time after 11:00 p.m. is when they are most productive. For these students, expanding library hours would be greatly appreciated.

Many other colleges and universities have already expanded library hours to 24 hours and have seen how successful this change

pack up all of their materials and facility, a "blue box" could even has been. In an article posted by the "Pittsburgh Post-Gazette," Erika Linke, president of the Association of College and Research Libraries and associate dean of university libraries at Carnegie Mellon, cited Villanova University, Penn State University, MIT, the University of Virginia, the University of Illinois and the University of California at Davis as a few schools that have already instituted 24 hour library services.

> Beeghly Library is an extremely frequented place by Juniata students of all disciplines. Seventeen hours a day may have cut it for previous generations, but Bob Dylan said it best when he said, 'The times they are a-changing.' Our generation of Red Bull addicts who can function on little to no sleep demands more.

It is an issue of convenience and necessity. Juniata students are responsible and respectable enough to support such an expansion. It only seems logical that Juniata should expand their library services to meet the nocturnal needs of the night owls they are serving.

Where should Juniata be putting its money? The old or the new?



We've all heard about the plans the Juniata administration has to build a new dorm building in the next few years where the pottery studio currently resides. We have also all heard about the brand new \$800,000 presidential house that was just purchased last semester. The question that comes to mind at this point is: Why is Juniata spending so much money on a brand new presidential house and dormitory instead of working to renovate the buildings that the school already owns?

Not only is Juniata planning on building a new dorm in the near future, but it is also going to be a dorm consisting of only singles, with a private gym inside. The real kicker is that it is going to cost significantly more to live in this new dorm than anywhere else on or off campus. This means that not only is Juniata spending money on what is essentially a luxury dorm, but dents paying the increased costs of living there will ultimately help to pay for this dorm.

The flaw in that reasoning is that many students might not be able to afford the increased costs of living in the new building and would rather stick with a more financially viable option. College is, after all, a time when money is scarce for many students, and often they make every cutback they can to squeeze by.

In addition to this new dorm being very expensive to construct, it will end up being even more expensive than just the actual construction costs. This is because the planned location of this new dorm is in the current location of the pottery studio, which the school is planning on relocating to the Juniata College Center for Entrepreneurial Leadership. No matter how one looks at it, the new dorm will be incredibly costly and it may not generate quite the return that the college is expecting from it.

Other than Lesher, none of the dorms have been seriously renovated within the last 15 years. For some dorms it has been almost 20 years since major work has been done. The fact that most of the dorms have not been renovated for

they are also wagering that the stu- 15 years would not be such an issue were it not for the fact that many of these buildings have ongoing or recurring problems that significantly impact the students living in them.

One example of this can be seen in South Hall, where, on the third floor at least, there have been regular issues with the heaters only working sporadically. This would not be a real problem if the heaters were fixed promptly, but it will often take facilities a few days to deal with a work order for a broken heater.

In addition to this, the bathrooms in both South and Cloister have a nasty habit of flooding at the drop of a hat. Just last semester every single bathroom in South flooded at the same time, which left inches of fetid water in and around the bathrooms and took a full day for facilities to completely clean up.

Another example of renovationworthy issues is the recurring problem that South, Sherwood and some of the off campus houses such as Mission have with flooding. Any time that we get heavy rain, at least one of these buildings' basements seems to flood. This is an issue that should be taken very seriously be-

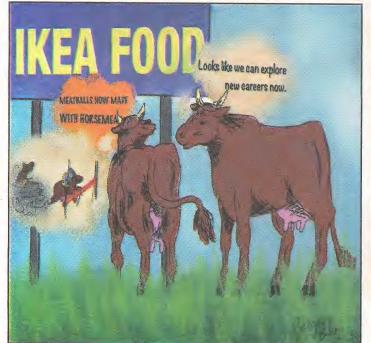
On that same note, just last semester Mission Apartments had a mold problem in one of the downstairs bathrooms caused by a leaky seal on the tub in the upstairs bathroom which ultimately soaked through the floor. Not only that, but I have also heard residents of Mission complain that they cannot walk barefoot in their own dorm because they are afraid that they will get splinters from the very rough wooden floors.

A more general complaint that seems to apply to just about every dorm on campus is that the windows are a constant source of lost heat. Anyone who's bed is near a window in their dorm room can tell you just how cold they are, to the point where their heater might as well not be on at all.

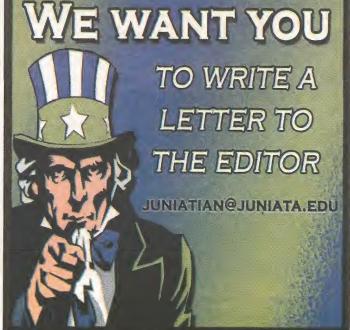
What it really comes down to is making a decision on whether to power through building the new dorm in an effort to increase enrollment or to use the money to renovate the already existing dorms in hopes of generating a higher quality of life for the students who live there.

It seems to me that the college should worry more about taking care of the students it already has rather than simply worrying about





Cartoon by Jacquelyn Barnett



The Juniatian

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> Juniata College Huntingdon, PA

No medication for homesickness



The last time I saw my mother was about three months ago. I was gently struggling to break loose from her hold as she squeezed me tighter in her arms. I had no intention of squeezing her back. In fact, the word "homesickness" was not even in my vocabulary.

As to be expected, it was like the first day of school all over again. Only this time, it was college in another country, and I wouldn't be back home for another five months. The fact that I was the only child and had never been away even for one night wasn't much consolation either. As a consequence, I just stood there and quietly praised myself for being mature enough to say goodbye without being sentimental.

Making the decision to study abroad alone was, against all odds, an easy one to make. Here I was, a fresh high school graduate, finally given the chance to start a life on my own. Who wouldn't want to have full control over everything? I was headed towards a heavenly phase: no more parents to constantly remind me of a curfew, or showing their discontent towards spending a considerable amount of time with my friends. No more suffering from the dehumanization of individual identity through the obligatory dress code. No more hectic bus rides with kids who sprinkled their breadcrumbs on each other's hair. Freedom was in the air, literally, as my acceptance letter to Juniata finally arrived in the mail and I followed freedom

back to where it came from, to dear old Huntingdon.

Stepping into the Juniata community as a freshman, I felt like a kid lost in a toy store. With so much going on around campus, it was hard to keep up with all the events. One that I remember specifically, although I could not attend, was the Chinese Dinner.

It was Friday night, and our usual group was hanging out at Eagle's Landing before going to a game of cards at the Spanish House. Around the corner at Muddy Run, we ran into Karen, a good friend of mine from Taipei, Taiwan. She took us to where a group of girls were practicing a dance routine for the dinner.

We stood outside and watched them move gracefully to the sound of music. All of a sudden, Karen started telling us about how much she misses her family, especially now that their New Year is around and everybody is celebrating. This year would be the first that Karen would spend apart from them on New Year's. Despite a faint tone of melancholy in her voice, she didn't seem very upset. In fact, she said she was happier than she'd expected, because having a Chinese Dinner at the college, although over 7,000 miles away, reminded her of the good times and the sweet memories of home. She did not even feel lonely because we were there for her. We were not only her friends, but also her new family.

It was not until I heard Karen's story, that I realized that I felt exactly the same way. I had often felt guilty for not returning my parents' calls and for not missing them as much as I probably should have. With all due respect to worried parents and siblings, I think it is significant to look at the situation through another perspective. It is

potentially positive progress for all international students to adapt to the new lifestyle that awaits them abroad, even if it includes challenges such as continuous contact with loved ones back home.

CAMPUS SPIN

Miguel, an exchange student from Veracruz, Mexico, has already faced such a challenge. He was finally able to hear his mother's voice, three weeks after coming to Juniata. Like so many other internationals students, Miguel had not found the time to get himself a Pennsylvania cell phone number during the busy first week of classes. Due to the sky-high international call rates, using the "roaming" service was not an option either.

When I heard about Miguel's situation, I, of course, gave him what anybody else in my place probably would. I gave him a list of online networking websites, along with a special recommendation to use Skype as the ultimate real-time communication experience. Instead of praising my seemingly clever suggestions, however, he looked at me morosely and told me that the Internet connection in his entire neighborhood was undergoing repairs, and wouldn't be available for a considerable while.

I might have run out of clever suggestions for solving Miguel's issue, but I still had one left for myself. I had just realized how privileged I was to have the opportunity to study at Juniata, where everybody finds something to remind them of their home as they strive forwards and away towards their ideal future. I was going to take advantage of that privilege and be grateful for it. Last but not least, I was going to call my parents and tell my mother that, although I didn't hug her back in the departure hall of the airport, I sometimes

Dunwoody finds "path"



I know nothing about tai chi, as I first walk into VLB basement for a lesson in this martial art. While I nervously remove my shoes and socialize with other students in the class, a figure slowly gliding around the open room catches my eye. Dr. Philip Dunwoody, associate professor of psychology, moves across the floor with deep concentration and a graceful light-footedness, uncommon to someone of his stature.

The lesson begins, and I realize that the grace Dunwoody possesses is not only in independent movement, but in teaching and working with partners.

We get into pairs, and practice a technique called "push hands." I approach my first partner, and immediately as we begin our clumsy interpretation of the movements Dunwoody demonstrated, I become competitive and tense. My partner causes me to lose my footing, and I pull away like a sore loser.

As Dunwoody intervenes, my perspective begins to change. I am certain of his talent when he manages to convince, even me, that it is not always an asset to be more brutish than your partner. In fact, the beauty of the art of tai chi is using your opponent's strength and energy in your own favor.

It is estimated that the "soft" martial art of tai chi came to the United States in the 1960s, and continues to grow in popularity today. Dunwoody got his start, however, in "harder" martial

arts at the start of graduate school in 1996, when he wanted to learn how to defend himself.

"I signed up initially for a taekwondo class. I did that for six months or so, and after that I got exposed to karate."

But Dunwoody's attraction to the martial arts was not brought on only by an interest in self-defense.

"I was in a class on the Foundations of Behavior, and the professor was at the board writing the symptoms of chronic stress," Dunwoody says. "I was copying them into my book when I had the epiphany that that was me!"

This need for stress reduction led Dunwoody to a lifelong practice of what he calls the "softer" martial arts.

"What came to be appealing to me about tai chi was that combination of something that was an effective martial art, but also something that was moving meditation," Dunwoody says. "I've also always been interested in Eastern philosophy, and I really like the Daoist philosophy that is represented in tai chi."

From Dunwoody's description, he did indeed fit the profile of a student of higher education: stressed, back aching from hours spent in unforgiving chairs, and in desperate need of an outlet.

The effects of his practicing tai chi became apparent in his daily life as a student. "Tai chi helped keep me sane," he laughs. "Academic pursuits are wonderful, and I love being an 'intellectual.' But I have to exercise to be happy and healthy."

In present day, the influence that the fluid, deliberate and calming practice has on

▶ see DUNWOODY page 10

The ocean becomes a classroom as senior takes "Semester at Sea" With the current as her guide, Jade Wronowski learns life lessons while on a ship during fall '12

By ALEXIS WAKSMUNSKI

Senior Jade Wronowski studied abroad during the fall of 2012, but not in the usual way. She attended the Semester at Sea program, gaining many diverse experiences wrapped up in one semester on the high seas.

"I had trouble deciding what one place would fit me more appropriately," said Wronowski. "I study health communication and so this sounded like a really good way for me to experience a lot of things in a short amount of time. I wanted the opportunity to see a little bit more."

The Semester at Sea program is called the Atlantic Exploration. Wronowski traveled from Canada to Europe then down the west coast of Africa then to South America, ending in the Caribbean.

"She told me she found this program she was really interested in and I told her to go for it," said Nicole Smale, a senior and a good friend of Wronowski. "She got to swim with sharks and went bungee jumping. She had a whole new perspective on life and I think she appreciates everything more. She enjoyed every aspect of the trip."

Semester at Sea was founded in 1963 and is the only program of its kind in the world. The



Senior Jade Wronowski overlooking the Cape Town in South Africa, one of the many places she travelled while studying on a ship in the fall 2012 semester.

program considers it "the once in a lifetime fast track to global citizenship."

To date it has close to 60,000 alumni worldwide. The academic sponsor is currently the University of Virginia

of Virginia.

"When you are on the ship you have class, but when you are in port those are basically your weekends. It was sort of like a vacation but you were learning so much about where you were going and what you were doing," said Wronowski.

"You learn so much and if you are willing to go with the flow you will learn a lot about yourself too."

Like the ocean current, Wronowski, indeed, went with the flow.

"You expect to go someplace and learn a lot about the place you are, the culture, and the people, but people don't' realize how much you are going to learn about yourself. I have never been in an experience where I was just so impressionable," said Wronowski. "This experience has made

me more adventurous and outgoing and I have just learned to live in the moment, because I was always such a planner."

Semester at Sea says it is a "rare opportunity and it will create lasting changes in your life." This was certainly confirmed by Wronowski and all her experiences.

"They have traditions like we have here," said Wronowski. "There was the Sea Olympics, where we were grouped by where we lived and given a sea name and you played games."

Another Semester at Sea tradition similar to Juniata's Mountain Day is King Neptune's Day.

"King Neptune's Day is when you cross the equator and classes are cancelled for the day," said Wronowski. "They say it is like King Neptune accepting you, and you are permitted to live on the seas now. The rite of passage includes green Jell-O, jumping in the pool, salt, kissing a fish and the opportunity to shave your head."

At this time, Wronowski made a decision somewhat out of the ordinary.

"So because I am Relay for Life co-event chair, I did a fundraiser and I had people sponsor me," said Wronowski. "I was the first girl to shave my head, but there ended up being six girls who did it too and we started becoming friends because we all had no hair."

While on the ship Wronowski took 12 credits that included infectious diseases class, beginning drawing, business communication and global studies, which helped her toward graduation and her POE.

"For infectious disease we visited a hospital in Cape Town, South Africa and listened to the director of an organization called HOPE

▶ see THE SEA page 10

Revealing benefits of martial arts, tai chi offers new opportunity, while relieving stress

▶ from DUNWOODY page 9

him is clear in his demeanor. He holds himself confidently, yet at ease and laid back. His voice is sure of itself, yet relaxing to the ear. He gives the conversation direction, yet responds dynamically to my questions.

Though he insists that it does not require a "special" type of person to study tai chi, Dunwoody admits that there are prerequisites to taking up the martial art. "You have to be willing to practice, and you have to be patient with the fact that it takes time to develop skill. But," he continues, "that's not unique to tai chi. Anything that involves skill requires patience and practice."

Since Dunwoody says that tai chi can be applicable to the lives of a vast array of people,



Dr. Philip Dunwoody, associate professor of psychology, approximately 15 years ago, with his wife Marlene Dunwoody.

I become concerned that tai chi may one day by cheapened by "hipness." But Dunwoody has worked with experts in the art who strive to preserve its cultural integrity. Most notable among these is Dr. Yang Jwing-

"He's made his life's work trying to preserve the richness of Chinese martial arts," Dunwoody

And though Dr. Yang is a cultural preservationist, he has gone to great lengths to make tai chi accessible to anyone willing to practice.

"He has set up a center in California where people can go and train, and actually live," Dunwoody says.

Dunwoody personally visits Dr. Yang in the summers for two weeks at a time, training up to eight hours a day and six days a week. "It's almost like going back in time to a temple where people are training all the time."

When it came the time for Dunwoody to become a teacher of tai chi, he started offering lessons at Goju-Ryu Karate-Do in Huntingdon, where he still instructs. He learned that instructing is a valuable part of his journey in the martial art.

"Teaching the continued practice of patience," he says. "This is why they refer to martial arts as 'ways' or 'paths,' because they're journeys you take in continual self-discovery and the search for knowledge.'

In terms of how the spiritual values of tai chi have affected Dunwoody's life, he cites some important lessons.

"The martial emphasis on tai chi is listening to your partner and having your actions be somewhat harmonious. That can translate into how you deal with aggressive energy in life," he says. "In tai chi when someone pushes against you, you're not supposed to push back. In our daily lives, we get people pushing against us all the time. Do you push back? Or do you listen, and redirect or channel that energy in a different way?"

Breaking up doesn't have to be brutal: advice for when the end is near



It is date night for Tom and Summer, as they head to their favorite diner. Tom orders buttermilk pancakes and convinces Summer to eat them too. The date goes well until Summer decides to breakup with Tom over their breakfast dinner.

Summer: "We've been like Sid and Nancy for months now."

Tom: "Summer, Sid stabbed Nancy ... seven times with a kitchen knife. We've had some disagreements, but I hardly think I'm Sid Vicious."

Summer: "No, I'm Sid."

The above dialogue is from the popular romantic comedy movie "(500) Days of Summer." If you are not familiar with the film, the plot follows the relationship of Tom Hansen played by Joseph Gordon Levitt, and Summer Finn played by Zooey Deschanel. In the movie, we get a glimpse of Tom and Summer's romance, starting from when

they first met, to their awkward break up scene where the aforementioned dialogue is referenced. "(500) Days of Summer" is an example of what could happen in a relationship.

You meet someone, date, and sometimes the relationship does not turn out to work, for multiple reasons. Cheating, distance problems, whether literally or emotionally, contrasting interests, different goals for the relationship and other reasons leads people to saying goodbye.

A breakup is difficult for anyone. You get into the habit of, hanging out in South Hall watching movies in their dorm room, or ordering Domino's Pizza while watching "Breaking Bad" in your room. How do you go from devoting and investing your time into someone, and then deciding to break it off? Where did the happy moments go?

Before I continue, I should probably define what "breaking up" actually means. I decided to talk to someone who specializes in dealing with people during times of grief. As college counselor, Pat Hunter describes, "I would see it as a change in the type of relationship they have."

The interview with Pat and I covered an array of reasons revolving around break-ups and why people decide to breakup. However, I wanted to know more. A quick Google search exposes multiple articles on "tell signs" about breakups. Relationships that are becoming abusive, whether emotionally or physically should end immediately. Pat tells me, "If it's becoming harmful, then absolutely."

No matter how much you love someone, it is imperative to end the relationship as soon as possible. Other than abusive signs, in the end, a relationship could might not be what either person desires anymore.

To avoid ending up like Summer, or perhaps Tom, there are better ways to approach the breakup then over a pancake dinner. Pat suggests that if you are looking to end the relationship, space and timing is essential.

"I think just being aware of your surroundings and just making sure it's a healthy environment, as much as possible, to be able to do it and not catching the person off guard," expresses Pat.

I understand that there is a grieving process that everyone

must go through after breaking up. However, an adjustment period is necessary. Instead of looking at the breakup as a negatively, try to take a positive approach.

Of course, there are the cliché sayings that many people tell you to feel better such as "There is someone out there for everyone" or "There is other fish in the sea."

My opinion is that you should stay active. The more that you are doing, whether you finally start that workout regime or |go to a JAB meeting, do a healthy activity that will allow you to escape; maybe go to State College on the weekend with some close friends.

Another approach I would take is removing reminders of the person from your life. Don't do anything drastic like cut up an old t-Shirt your ex-partner might have left in your room or burn a Valentine's Day present. Gradually, take some photos off of Facebook, delete some old texts and store away that T-shirt. Don't throw away last year's Madrigal photo just yet.

Some of you will still want to keep in contact with each after you breakup. It all de-

pends on you, and your ex's relational level. Give the person the time they need to move on. Similarly, you will need some space, as well, before you decide to hit the dating scene. "Definitely give yourself time before going into another relationship," says

If you want the relationship to work, then Pat suggests that you have to reveal your feelings on the relationship. "If they are still in the relationship, to me, one of the keys is knowing that you can't read each other's minds. A lot of the times, a communication problem happens if one of the people, or both of the people, are assuming something with the other person," describes Pat. Being direct with your feelings can help with most relationship issues.

After talking with Pat, I understand how breakups are detrimental. Like a close family member or pet dying, you sever a bond with someone that was extremely close to you. However, I feel that breakups could be a relief in the end if you were truly unhappy. Be optimistic, smile misadventure.

Senior sails across equator, goes bald for cancer awareness and Relay for Life

▶ from THE SEA page 9

that is responsible for HIV and AIDS awareness, prevention and treatment," said Wronowski.

there.

"In global studies class we filmed a documentary on a topic of our choice and then studied it across continents. My group and I studied how different countries perceive and define happiness," said Wronowski.

"Putting that project together was probably my favorite part of the trip because now I have this video that is very near and dear to me that we all filmed. It was so rewarding, memorable and we learned so much by talking to the native people."

The Semester at Sea program is not a Juniata approved study abroad trip. Students who attend have to take a leave of absence from Juniata.

"It is something that Juniata



PHOTO COURTESY OF JADE WRONOWSKI

During her adventurous Semester at Sea, senior Jade Wronowski got her head shaved to raise money for Relay for Life.

needs to look at in their abroad program making it possible to

do other things like Semester at Sea and make the credits

transfer back as regular credits," said Annie Alexander, another good friend of Wronowski.

Dean of Students, Kris Clarkson, worked for Semester at Sea in 1987 and 1989, and helped Wronowski with the application process.

"Jade was incredibly well organized and prepared. I didn't have to do anything for her. She knew what she was doing, and she did all the stuff on her own," said Clarkson.

The Institute for Shipboard Education has \$4 million in scholarships and grants each year so that students are able to make Semester at Sea more affordable.

"I was technically awarded three of their scholarships. And I selected the cheapest living option which made it doable," said Wronowski.

"It was definitely worth it. If you really want to do a program that isn't Juniata sponsored it is definitely possible. If it is relevant to you, I say go for it."

Modern day and 1809: Two timelines, one setting Juniata theatre combined drama and comedy in Tom Stoppard's "Arcadia"

By Danielle Cutaia

The Juniata College theatre department presented Tom Stoppard's play "Arcadia" on the weekends of Feb. 21 and Feb. 28 at the Suzanne von Liebig Theater. The performance was directed by Kate Clarke, assistant professor of theatre arts, and the set was designed by senior Jazmine Jade.

Arcadia switches between two timelines in the same setting, the drawing room of an English manor.

"The audience gets to see life in an English manor, both in 1809 and in present day, and the people in the present day are researching what happened back in 1809," said sophomore Ethan Farrell, a member of the cast.

"Arcadia" focuses on the events in 1809, and two modern day scholars researching them.

"1809 is building forwards, and the present day is kind of building backwards," said Farrell. "It leads up into the climax ... That is the most interesting part, when those two finally connect,"

"It's a very, very witty play. I think a lot of the jokes are hard to grasp if you just listen to it at face value," said junior Libby Casey. "One of my biggest fears was just that people weren't going to get it ... It can be very confusing."

For members of Arcadia's cast, a lot of work went into producing the play.

"In preparation for the show we had to do a lot of research on both the things that were mentioned in the show and just getting background information," said Farrell.

"Our first week of rehearsals



RYAN TRITSCH / JUNIATIAN

From left to right: Junior Jessi Denison as Thomasina, junior Lauren Hitzhusen as Lady Croom, junior Phil Oberholzer as Ezra Chater, junior Gary Shoemaker as Captain Brice and junior Ethan Farrell as Septimus Hodge acted in the play Arcadia, which opened on the weekend of Feb. 21.

we just sat around a table and sifted through everything that was in the text," said Casey, "even now I'm still learning new things."

"It's so cleverly written, and it's so intricate," said Casey. There's math and there's science and there's so many things that I didn't understand and I had to learn,"

The cast did much of their own research for their roles, from lessons on math and science to the small parts of life in a 19th century English manor.

"I know Lauren, who played Lady Croom, did a lot of research on etiquette," said Casey. "She came up with this whole presentation on how the tables are laid out, and how people had celery to seem important, it was very interesting."

"I think what I love most about the show is how seamless it is. It just transitions out of one time period into the next ... It's done so simply," said Casey. "It's really cool because it shifts between 'olden time' speech and modern day speech."

The play offered many different characters for students to portray.

Casey played the role of Hannah Jarvis, one of the researchers. "She's the quintessential British woman of the day, she's an academic and her work means everything to her. It will always come first," said Casey.

"I play the role of Septimus Hodge. He is Thomasina's tutor, and he is from 1809," said Farrell. "Septimus is brilliant ... He is very suave but at the same time he can be a little harsh... There's another character in the play, Ezra Chater, and Septimus is constantly mocking Ezra, and half the time Ezra doesn't even know it's happening."

"Another interesting character is Gus," said Farrell. "There are a couple different sides to him and you don't really know what to

expect ... he kind of bridges the time periods."

THE JUNIATIAN

"Gus is always the one who's finding things around the house that are incredibly important to the history of the house," said Casey. "What really draws me to Gus is he's really sort of a representation of timelessness, and the past having relevance to us now."

According to Casey, the ending of Arcadia does a good job of tying the two time periods together.

"The whole last scene of the play ... was the only time where the modern day people and 19th century regency people are on the stage together," said Casey. "There are some really cool moments where, for example, Valentine and Septimus drink from a wine glass at the same time."

"There's also a moment when Hannah crosses to the table, and she and Septimus are holding the same book, and they turn the pages at the same time," said Casey. "The scene is so cool because it's two eras intermingling with each other

... It's that idea of there being no time, because everything that happened way back then still happens now, and that last scene really encompasses that."

"It's a very energetic play ... I want to say it feels kind of like a hyper active puppy, in that it's going in so many directions at once sometimes, but it's always very excited," said Farrell. "There's hardly a dull moment."

"It makes you think," said Casey. "You will learn something. You might not learn everything, but you will learn something. I have learned so much just by being in this show."

Juniata students: What are you listening to?



Music is a big part of many people's lives. Most people listen to music while they study or write a paper, as well as while hanging out with friends on the weekends. So I'm interested in what types of music and genres our campus listens to the most. For instance, part of the classic college experience is making a mix tape or CD. Your parents have their favorites from their college dorm days and so do you. But the question is: what would be on the mix tape of a Juniata student right now?

One song in particular that has been blowing up big this spring is "Thrift Shop" by Macklemore and Ryan Lewis featuring Wanz. It has a heavy beat with a strong hook and is in the genre of hip-hop and rap. What the song describes is going down to local thrift shops and spending as little as possible to get your clothes, while maintaining a personal sense of style. Sounds like the perfect anthem for anyone in college trying to save money and buy clothes without going broke. This song can be danced to, which is a big win for students

who want to let loose and have a little fun.

Another song that is popular around campus is "Scream and Shout" by Will.I.Am and Britney Spears. The song is best

66

Too often have I been walking through the halls of my dorm and heard the all too familiar banjo leaking through a door to a familiar tune.

99

described as an upbeat dance and electro-pop kind of tune. The song is about going out for the night and having fun. While there is not the deepest reasoning behind the lyrics, the heavy-use of auto-tune has made it into a hit around the world and at East on the weekends at lymiata

Now, music that you can dance to is not the only kind of music you will find on campus. Students listen to all kinds depending on what they are doing. Some students listen to classical piano while studying or writing a paper. Others like to listen to a mix or mash-up of songs through the use of already created playlists or internet radio stations such as Pandora.

RJD2 is a musician who has strictly instrumental albums and works, as well as albums with lyrics and collaborations. His music is great for studying and hanging out because it is very varied and eclectic. His song, "Ghostwriter," is only instrumental but has this groove and beat to it that just builds and is really relaxing to listen to. A lot of campus is familiar with this song and it is kind of a classic in the college campus world.

Now if you really are interested in broadening your musical library and horizons, there are always the lesser-known genres of music that might not be popular but just right for you. Folk music can get a bad rep of just being labeled as twang and acoustic-style songs meant to be sung around a campfire. But

they are so much more.

Mumford and Sons is a major force in the folk music world.

They are well known and popular but still hold true to their folk music roots. The band's song "Little Lion Man" is a

▶ see MUSIC page 12

Why not give fiction a chance?



I have a confession to make.

Despite my love of reading, I'm not an unbiased lover of all books. The only genre of book I've ever really been interested in is fiction, especially speculative fiction. If you don't know what that is, it's a fancy literary term for genres like fantasy and science fiction that people use because they don't want to sound like giant geeks.

When I first started Critical Reading back in August 2012, I had no plans for any kind of theme, except to talk about the books that I found interesting. Sometimes I went a little further and talked about certain genres instead, using a variety of books to prove my point. I have, however, maintained one rule: fiction books only. I just don't have enough interest in nonfiction books to write about them at length.

Sometimes I wonder if I should change that. Do people really like the books I discuss here, or am I just writing to empty air? I mean, what kind of books are the people of Juniata reading? When they have time to read things that aren't assigned for class, that is. I could write about my own class readings,

but I get the feeling that people wouldn't be interested in seven-teenth-century British poetry.

Well, the truth is ... I don't know.

I have a point here, really. What I'm trying to say is that despite my efforts, this column has turned into "Lynn's Recommendations for Books for Nerds" when I originally wanted it to be more of a thing that all readers could enjoy. People have told me that I've made books that are unfamiliar to them sound interesting, which is a nice compliment. But at the end of the day, I get the feeling that stuff like "Anansi Boys" isn't going to be on the average person's reading list.

That's why, today, my topic is about my love of books. Fiction books, that is, and why they should be given a chance.

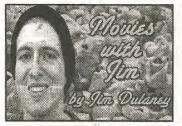
I've heard many people criticize fiction—especially speculative fiction—for being childish, escapist, unrealistic and nothing but wish fulfillment material for readers. See, nonfiction books are about true facts; thus, they should be taken more seriously. There are several problems with this,

One: "Escapism" is not a bad thing. When a reader is immersed in a fictional world it does not mean they are avoiding the problems of real life.

Something that fiction does, especially speculative fiction, is hold

▶ see READING page 12

ARTS & ENTERTAINMENT Comfort food films to fill in the gap of the new year movie drought ematic comfort food. Bad movies were made. Though almost every acter Cliff, a depressed TV writer, "Uncle Buck" and "Home Alone,"



It is early March. Award season is over and all of the prior year's great films are available on Redbox. This is a good option if you want a decent movie to watch because the theaters, more likely than not, are not providing them.

The first three months of each year are the time of an intentional drought in Hollywood. That's not to say anyone thinks less of you except perhaps the studios that made them, for liking "Good Day to Die Hard" or "Safe Haven," but these aren't films made for their cinematic merits. They are made for box office returns or, in a roundabout way, the viewers themselves.

This little piece of info about bad movies I use as a roundabout way to introduce what I really want to write about, which is cinthat, despite their lack of quality, lighten up your day, or night.

Cinematic comfort food films are always movies with which one has a long-standing relationship. I for one have seen Adam Sandler's early opuses "Billy Madison" and "Happy Gilmore" at least 100 times each, nearly double that for the latter, and I know many of my peers will agree with me that if you are feeling down, his movies will work every time, with due respect to Billy Dee Williams and Colt 45.

As a child, my mother had pretty strict guidelines about what movies her sons were allowed to watch, so the exploits of a puerile, wildly-profane and impulsively violent man-child, see five minutes of either movie, would not have been in the cards. My grandfather did not know this or did not care, however, so he would watch our favorite Sandler movies with us multiple times whenever my brother and I came to visit. I used to mentally compile dirty words and jokes from watching the movies on VHS and cable alternatively and keep track of what changes Adam Sandler movie will work on the same level for me, I have a soft spot for his early funny ones.

Speaking of comedy, that brings me to probably my favorite purveyor of movie comfort food, Woody Allen. His movies helped me get through the misery of middle school and early adolescence, and are still working well into post-adolescence. Again, these movies are ones that have a lovable screw-up in the lead.

Allen's peak years, ranging from his debut as a writer/director/actor with 1969's "Take the Money and Run" to somewhere around 1998's "Deconstructing Harry," feature him progressively dealing with anxiety, depression and the fear of living a meaningless life. But, unlike contemporary comedies that confront these issues, Lena Dunham and Louis C.K.'s respective TV series being good examples, Allen's work never crosses the line and makes the viewer feel worse about life.

For instance, his 1986 film "Hannah and Her Sisters" has a series of vignettes where his charshuffles through religions and philosophies trying to find the meaning of life. It concludes with a failed suicide attempt and him ending up in a movie theater watching the Marx Brothers' movie "Duck Soup," where he reaches the conclusion that life is too absurd to not just try to enjoy it.

This scene always makes me feel better; it is not a dynamic, fresh insight, but he relates it in a way that makes more sense and feels realer than when Dr. Phil or Deepak Chopra says the same thing. That is the most vital part of cinematic comfort food: it somehow speaks to you on an individual

The 1980s produced hoards of comfort food films; particularly, the films of John Hughes. I would imagine, and I would hope, that most kids of this generation grew up watching his movies like "Sixteen Candles," "Pretty in Pink," "The Breakfast Club" and "Planes, Trains & Automobiles." These masterpieces, coupled with the bevy of films he wrote, including "National Lampoon's Vacation,"

can treat localized depression as well as any SSRI, I did not check fact check that statement, admittedly, but the films are definite pick-me-ups.

With their adorably awkward characters and bangin' '80s soundtracks, Hughes' movies work very well. Outside of Hughes, I find movies like "Say Anything," "The Goonies," "St. Elmo's Fire" and "Stand by Me" and the list goes on, just as effective. I dealt with a lot of homesickness and adjustment issues my freshman year by putting off work and watching whatever '80s flicks I could stream on Youtube.

In François Truffaut's 1974 film "Day for Night," several characters deal with their professional and personal stress by saying screw it and escaping to a movie theater for several hours of purely escapist inner-peace.

As Truffaut suggests, there is nothing wrong with that. Life is hard and, with the onslaught of media we have access to, we should keep a trove of DVDs and video files to help guard us against it.

A biased book lover attempts to appeal to the masses

▶ from READING page 11

a mirror up to life. It wonders, "What would life be like if this thing happened differently? What does this have to do with a situation that's happening in the real world?" Good fiction should critically examine something without needing to be hampered with inconveniences, such as the laws of the known universe.

One of my favorite series of all time is Tamora Pierce's "Tortall" books. These books have everything I love about fantasy: awesome characters, adventure, battles, world building and magic. Along with all that entertainment, however, is quite a bit of social commentary. Pierce uses her fantasy world to raise and discuss issues of race, class and gender. The stories aren't necessarily about those things, but they are there and important.

Science fiction tends to deal with more "what if' concepts instead of current issues, such as many of Isaac Asimov's stories. He wrote a lot about the concept of artificial intelligence: at what point is a robot considered "alive"? As artificial intelligence in the real world becomes more and more complex, these stories begin to become more relevant. I would rather read a fictional story than a nonfiction book about the same issues, because this kind of fiction can be enjoyable, informative, and thought-provoking all at the same time.

Two: That being said, some fiction really is just garbage designed to catch people's attention for an hour at the bus stop on a plane. However, so is some nonfiction. Otherwise, please try to explain how Snooki's "Confessions of a Guidette"and yes, this is a real book-exists, and why it was written. I'm not sure what a "guidette" is, and I think I would prefer being blissfully oblivious, thanks. Something like a good detective novel would probably give con-

siderably more insight into the human condition than whatever that book is about. Good fiction can and should understand how real life works, just as well as nonfiction stories.

With all that said and done, I suppose I really should take a look at what books the Juniata community is reading. What better way to do that than to head to the Juniata Bookstore? I've found some interesting books there. "The Hunger Games" was pretty good, and "The Hobbit" was popular for a while ... that's a classic, of course. Then there are all the books by comedians, self-help books ... eh, not my thing, but maybe I'll get something out of nonfiction

Well, I'm taking a look around. I'm sure my fellow students all have exceptionally good taste-

Fifty... Shades... of Grey? You know what? I'm just going to go back to my nerdy books. Nerdy books for the rest of the year. Goodbye.

Tunes heard throughout the halls

▶ from MUSIC page 11

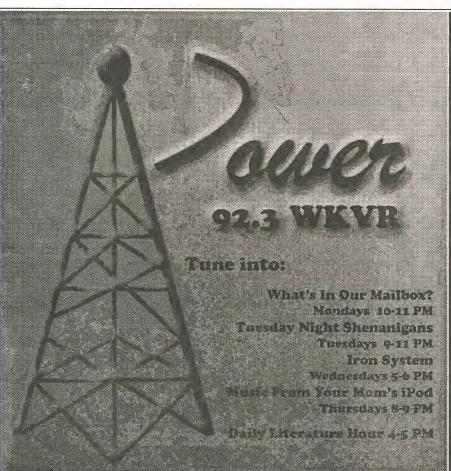
song that tells the tale of picking yourself back up when you realize that you have made a mistake. This song is great to hear and sing along to because it is a nice reminder during midterms or finals week that mistakes are how we learn.

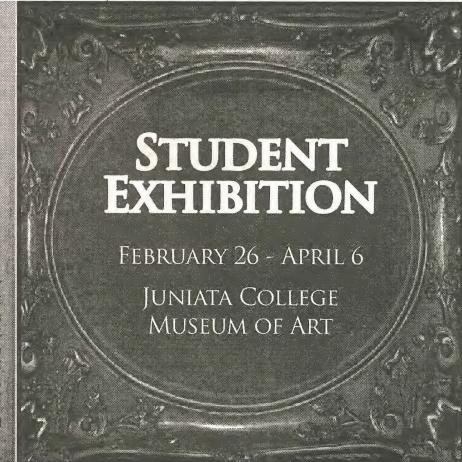
Too often have I been walkthrough the halls of my dorm and heard the all too familiar banjo leaking through a door to a familiar tune. I have even witnessed professors rocking out in their office to Mumford and Sons. Their songs are catchy, folky and bluesy- a style many people on campus seem to enjoy listening to.

These are just a few examples of popular music from different genres. There are so many different types of sub styles in each and every genre that you kind of have to dig/a bit to see if what makes that genre, at the root, good or bad in your opinion. This applies

across the board to rap, hip-hop, jazz, classical or contemporary, folk, rock, metal, country, blues, pop, indie, etc. Each genre of music is more complex than just a certain style or sound or a specific audience it tailors to. Music is whatever you like and the more variation the

This is why people make mixed CDs. A mixed CD is almost a cultural analysis of where someone came from and how that influences their taste in music. And making a mixed CD can be a lot of fun. While we live in the digital download era of mp3 files and iTunes I still hold to making mixes on the CD format. You can decorate and create your own album artwork and personalize two hours of music for your friends who are going on a road trip to head home for break or travel. So give a listen to the music around campus and see what everyone





Rise and shine: Eagles awake before the sun Juniata athletics turn to morning workouts to maximize gym efficiency

SPORTS

By ABIGAIL ROSENBERGER

Over the course of the 2012-2013 academic year many of Juniata's athletic teams have turned to early morning practices to give athletes additional training without interrupting their class schedules or normal practice time.

With 17 varsity teams and a large number of students and outside members utilizing Kennedy Sports and Recreation and the Brumbaugh Fitness Center, finding a place to practice can be difficult.

Unlike practices later in the day, 6 a.m. practices allow teams to have complete use of the gym facilities whether they are in season or off-season.

"6 a.m. practices are more effective because we get more use of the facilities. It's not as crowded and we get more focus on our players, our team specifically," said football Head Coach Timothy Launtz.

Launtz also believes the dedication a team has over the off-season is what determines their success in their upcoming seasons.

"It is the foundation of our program that our players be smarter, tougher, more disciplined and better conditioned," said Launtz. "6 a.m. workouts serve to establish core values and leadership that will hopefully lead to us deserving to be successful."

Strength and conditioning coach Pat Shawaryn has lead morning practices for football, track and field, and men's volleyball.

"The main benefit for the 6 a.m. is you get the entire team together," said Shawaryn. "They're all competing against each other, they're working together, they're encouraging each other."

Some teams use the 6 a.m. time as an opportunity for athletes to compete against each other as well as focusing on building cohesion. The women's volleyball team sets up an open gym at 6 a.m. to allow players to both improve individually and build on the court chemistry.

"It works out well because that's when the gym is open and no one wants to be in the gym at six in the morning, so we know we can get gym space and there are no classes at six in the morning, so there's no excuse not to go," said assistant women's volleyball coach and former Juniata volleyball player Stephanie Strauss.

'We have such a competitive gym, everyone always comes ready to play," said freshman middle blocker Alexandra Schmidt. "We mix up the teams every time so you get a different variety and so you can work on aspects of game other than just technical skills."

"You get to know each other better from playing in the morning," said Strauss. "You have to communicate more. So it's a good thing for building that team bond."

For the track team, the decision to hold early morning practices is a way to utilize the gym while cold temperatures and inclement weather prevent them from practicing outdoors.

Though he did not schedule early morning practice for men's soccer, Daniel Dubois, head men's soccer coach and assistant track and field coach holds early morning high jump practices. Because of the weather and lack of gym space in the afternoon, Dubois meets with high jumpers two days a week at 7 a.m.

"It's either that or don't train," said Dubois.

While his practices are held at 7 a.m. rather than 6 a.m., Dubois still recognizes the difficulty his athletes face when working on technique and power so early in

"It was definitely a change for them," said Dubois. "It took them a couple of weeks to get used to being up Tuesday mornings at 7 a.m., to get up at 6 a.m. and expect your muscles to be explosive. Once they understood that that's just what we were going to do and that they had to get there and they had to be properly warmed up, our sessions went very well."

Some players have doubts about the effectiveness of 6 a.m. practices. Sophomore sprinter Caitlyn argues 6 a.m. practices require more than just waking up early.

"You can't just roll out of bed. You have to really be awake before working out for an hour or so. It's hard to adjust to being up early and not always being able to eat breakfast," said Pingatore.

Assistant Athletic Trainer Meghan Shoff also believes early morning practices may be less effective than later practices.

"They're not as energized to get a good workout," said Shoff.

Shoff also notes athletes are less likely to get stretched or warm up their muscles before an early practice compared to later practices.

"I feel like they don't utilize our services enough in the morning,"

Coaches recognize the challenges in holding strenuous early practices and construct their workouts so athletes are adequately warmed up before the workout increases in intensity.

"We try to give them a good solid warm up," said Shawaryn. "We have them run, get lose, get the blood flowing. Then we ease into the first exercise, something light, and once they start feeling comfortable, then we get into the actual workout."

In an effort to combat this lack of intensity and to be better prepared for practice, swimming Head Coach Nathan Smith requires his athletes to sleep for at least six hours before coming to a 6 a.m. practice.

'It forced you to go to bed earlier," said freshman Sarah Rhodes. "If you didn't go to bed you wouldn't get the same out of the practice as you would if you got the right amount of sleep.

Department Chair and Associate Professor of Psychology Dr. Mark McKellop, believes student athletes need more than six hours of sleep.

▶ see PRACTICE page 14

The man, the myth, the legend Doug Smith

By STEPH PAGLIARO

Head Strength and Conditioning Coach Doug Smith was recently given the highest level of distinction from the National Strength and Conditioning Association (NSCA). His years of hard work and many accomplishments prove him to be worthy of this honor. Out of approximately 33,000 coaches in the country that are a part of this association, he is among the top 37 to receive this prestigious title.

Smith's love for athletics began when he was young. He grew up in Florida playing baseball and football. "The way I got into strength and conditioning was basically through playing sports," said Smith.

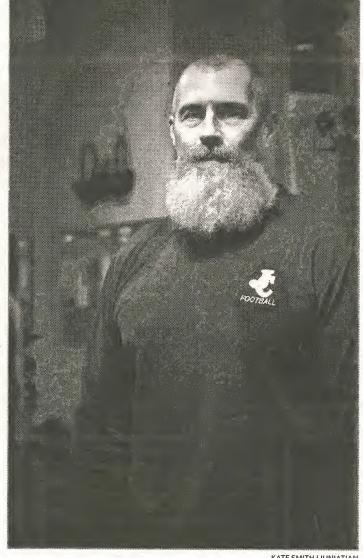
Attending high school in Florida allowed him to participate in yearround programs. "We were sort of ahead of our times back then with the off-season preparation and performance enhancement type programs," said Smith. "So that's where I really fell in love with conditioning."

After high school, Smith attended West Virginia State University to play football. Immediately following college, he went right into coaching. "I didn't want to leave the sports. That's who I was, that's what I did," said Smith.

He went on to get his master's degree in exercise science from California University of Pennsylvania, for further professional development.

He continued coaching football and baseball at the high school and collegiate level. Smith even went back to playing football himself for a period of time for the American Football Association.

He coached at West Virginia State and Juniata for a period of time before spending a few years at Lock Haven University. He then went on to do some internships and summer work at the Univer-



KATE SMITH / JUNIATIAN

Strength and Conditioning Coach Doug Smith was recently honored by the NSCA. He is one of 37 members to receive this top level of distinction.

sity of Richmond and Penn State.

Ultimately, Smith returned to Juniata just as the fitness center was being built. He was put in charge of coordinating strength and conditioning for all of the teams on campus, with the title "Director of Fitness."

Although people are often intimidated by his first impression, it does not take long for students and co-workers to realize the type of a person Smith is.

Smith's Assistant Strength Coach, Pat Shawaryn, has known Smith for 19 years. "The first time I met him, he scared me to death," said Shawaryn. Now, after knowing him better, Shawaryn thinks very highly of Smith. "He's a big giant teddy bear. He's the nicest guy I have ever met, and also the

▶ see SMITH page 14

Eagles fly high and dry Teams compete alcohol free

By CHRIS BEALL

Coaches seek benefits at all costs to make their athletes better. Some coaches find nutrition to be vital, while other coaches see strength and conditioning to be most important to reach an athlete's top potential. At the same time, college life usually involves the consumption of alcohol on the weekends and partying to get over their past week of work. Some coaches at Juniata have tried to implement their players from partaking in this in order to reach their maximum potential.

"The purest answer to what a dry season is, is asking your players to obey the law. Depending on your team, you just have a handful of kids who can legally consume alcohol. So it starts off with the premise that you ask your team to obey the law and therefore have a discipline about themselves. It is more about a commitment to making themselves better," said women's soccer Head Coach Scott McKenzie.

Players must buy into this message and realize the importance of making themselves better. Junior Hillary Palmer has bought into this message. She was recently named to the first and second Landmark Conference teams, while setting records in the 100m backstroke and winning the conference championship.

"A dry season is the stretch of time between New Years and champs, roughly a month and a half, where no alcohol is consumed by any of the swimmers. It is not just alcohol, though. We also don't go out and dance or party. This is part of what we call tapering. Tapering means high intensity and short distance training with a lot of rest. Outside of practice we seriously limit physical activity and we diet. All this to hit our performance peaks at championships," said Palmer.

The swimming team is not the only squad that has bought into this message. Sophomore David Spayde shows that other teams have also bought into this theory of making themselves better at all costs.

"The reason Coach Cutright (Head cross country Coach) enforced this rule is because he is looking out for our best interests. He wants everyone on the team to be successful and reach their full potential. An athlete can't reach their full potential if they are out getting wasted on the weekends. It is also the best way to keep everyone on the team out of trouble since a majority of times when people get in trouble on campus it is alcohol related," said Spayde.

The players believe that the coaches have made these rules for the benefits of the athletes themselves.

"A dry season is when players give up drinking alcohol during their season in an attempt to make the team better and healthier. Our coach enforced this rule because he wanted the opportunity to see us play at a higher level and believed our sacrifices would be beneficial to the team as a whole," said junior Delaney Lackey.

"He did not do it necessarily to discipline but because we would suck if we kept up a party lifestyle during that time in training," said Palmer.

Players believe in this so much that the coaches are not the only ones that are enforcing this rule. The players and captains make sure that everyone abides by this rule. They take it upon themselves to make sure the team is doing the right thing.

The coaches are the first ones to enforce this rule. They give out

▶ see DRY SEASON page 15

Down goes Springfield: Volleyball defeats No. 1 Bortak and Madden take national awards, Strauss honored by conference

By AAREN SELLERS

Two players received player of the week honors from the American Volleyball Coaches Association (AVCA) in back to back weeks and the team beat No. 1 ranked Springfield. Starting off the season with four straight wins and following with a six game winning streak mid season, the Eagles have gained position at No. 3 in the country.

"We have played a very strong schedule and put ourselves in some tough situations and I think by being in those experiences we were able to draw from them," said Moore. "That's what helped us come out with victories over No. 1, 8 and 12 in the country."

After losing to rival Springfield in early February, the Eagles hosted the top nationally ranked team on Feb. 15. The Eagles fought through a tough match and pulled out the victory in 5 sets with a final scores of 26-28, 25-20, 22-25, 28-26, 24-22.

"We wouldn't have been able to do it without our fans. The crowd was amazing and kept us pumped to play. They gave us so much positive energy, the environment was incredible," said senior setter Rob Strauss.

"For us, the Springfield rivalry is always something unique and special," said Moore. "Springfield doesn't have to be number one for it to be a huge match. The fact that they were number one just made it that much more special."

With a record of 14-6 overall, the Eagles have a great deal of



Senior Rob Strauss sets the ball to his fellow teammates in a match against Nazareth College. The team gained momentum heading into the end of the season while knocking off No. 1 Springfield and earning three individual awards.

depth throughout their roster with many guys that can contribute to their success.

"We have a number of guys that can contribute at anytime. The depth that we have not only when it comes to competing in matches but in the practice gym is what helps us perform at a high level,"

Junior outside hitter Ross Madden added, "I think that our height, our blocking and attacking are our big strengths. I would also say that our depth is another big one.'

Having only three players under 6 feet on the roster, the Eagles have a clear advantage over

Despite holding a .700 win per-

centage, Moore and the players still see room for improvements.

"Communication between plays and during plays. Our defense could talk more on blocking schemes and where our defense should align behind a block," explained sophomore middle blocker Joe Bortak.

Sharing the same concern Strauss added, "As in life, communication plays a role in every aspect of the game. So, with that, you can never talk too much."

"We definitely need a lot of work at away games," said sophomore opposite Alex McColgin. "We've been struggling lately with finding a rhythm on the road."

Despite some of these strug-

gles the team have a few players that have been recognized both in the conference and on the national level.

Four players have been recognized for their hard work and success on the court. Beginning with McColgin receiving the Continental Volleyball Conference player of the week award in early February. Following McColgin was Madden, being given the AVCA national player of the week. That same award recognized Bortak the following week. During the fourth week, Strauss was awarded Continental Volleyball conference (CVC) player of the week.

Leading the team in scoring Madden was well deserving of the award. McColgin said, "He's great. He's always focused and doing the right things on the court. You feel real confident when he's out there with you and you know he's getting the job done.'

Moore also added, "He has a strong grasp of the game, not only of his responsibilities but of the other guys on the court. As a junior Ross has taken on a more active role in working with the younger guys and helping them along and pointing things out to them.'

Bortak contributes offensively and defensively, adding to the team's success this season. "Joe is very dynamic and can do a lot of different things that we ask of him. He can hit from any spot on the floor and is fun to watch," Strauss said.

"Joe's ability to produce despite facing increased attention from opponents demonstrates the growth in his offensive game," noted Moore. "Defensively, Joe has paid more attention to his blocking technique in the practice gym and we will continue to work with him in that area to be one of the top middle blockers in the country."

"The team earning consecutive National Player of the Week honors demonstrates our depth. Depending on match-ups, any player on the court is capable of carrying the offensive load, making it very difficult for teams to match up with us," said Moore.

With a winning record, the numerous player of the week awards and defeating the No. 1 team in the nation, the Eagles success is worth following into the playoffs.

6 a.m. practice

▶ from PRACTICE page 13

"Most people need seven or eight hours of sleep," said McKellop. "The problems over a few weeks or a month or two are probably not extreme, but across longer periods of time you can see immune system functioning is compromised."

Despite acknowledging early practices may cause students to get less sleep, McKellop emphasizes that student athletes need to make a conscious effort to get more sleep.

"Are 6 a.m. practice that ideal? No. On the other hand, they're choosing to be on this team and they could choose to go to bed at 11 p.m.," said McKellop. "Students might say, I have all this stuff to do, but they can do that earlier in the day."

Launtz agrees with McKellop and stresses personal responsibility. "It's about time management," he said. "If you know you have to get up at 5:30 in the morning, you have to manage your time better during the day."

"You sort of get into a routine," said senior pitcher Joshua Green. "The first couple days are tough, but doing it for four years, it gets easier."

Though athletes sacrifice their sleep and social life to thrive physically and academically, athletes will benefit from 6 a.m. practices if they are willing to dedicate themselves.

"Anything worth having is earned, not given," said Launtz. "It all comes back to toughness. Practices at 6 a.m. serve to develop this collective mentally to never give up and always improve."

Smith or Zeus?

▶ from SMITH page 13

most intense."

Not only has Shawaryn known him for many years, he has had the opportunity to work with him as both a student athlete and an assistant coach.

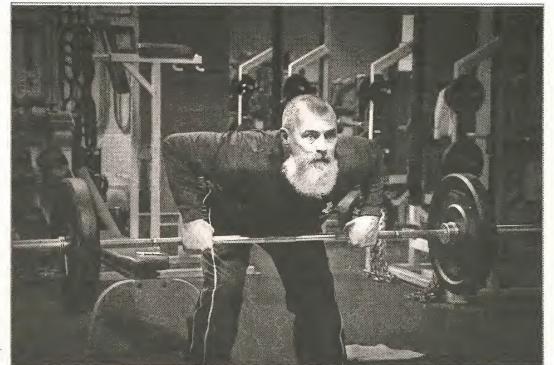
Shawaryn believes that Smith has had a huge impact on Juniata's athletic department. "What does he not bring to Juniata? He's intense, he has passion, and he wants everyone to succeed. He'll bend over backwards for any athlete," said Shawaryn.

As the head strength and conditioning coach, Smith has certainly made a reputation for himself. "For anyone that's ever been around him, the one thing you take away from it is how genuine and how great he is. This school would be nowhere near where they are athletically without him and his dedication," said Shawaryn.

Smith also has a large impact on the athletes he works with. "Because he pushes you physically and emotionally, you transfer that to the court. He makes us a lot tougher," said sophomore volleyball player Catherine Scholl. "He also makes his workouts perfect for each sport."

He truly takes his job seriously and cares about the students he works with. "He wants to see us be successful. You can tell he really cares about us. He gives his whole heart to the program," said Scholl.

Among many other titles from the NSCA, Smith is now an Elite Registered Strength and Conditioning Coach. The NSCA is the number one organization in the country for strength and condition-



KATE SMITH / JUNIATIAN

Smith's intimidating physique proves contradictory to his nice guy attitude. His coaching clinics have become well known nationwide as they are some of the largest in the country. Smith plans to remain at Juniata until he retires.

ing at the collegiate level.

In addition to this certification, he is a member of various other organizations. Smith is certified for the USA Weightlifting Federation, National Academy of Sports Medicine, American Red Cross and the Human Kinetics Advanced Nutrition Course. Additionally, he was part of the National Volleyball Hall of Fame from 2004-2009 and the American Football Coaches Association from 1990-1996.

Getting to where he is today has not been an easy path. Smith described everything he had to do in order to earn this high level of distinction: "My certifications, 20 years of hands on full-time experience, recommendations and jumping through hoops," said Smith.

Smith discussed what it is like to have such a large impact on so many people. "It feels really good. No matter what field you're in, if you can have some sort of positive contribution to somebody else, that's what it's all about," said Smith.

One thing that athletes really admire about Smith is not only his incredible knowledge about fitness, but also his abilities. "It's not like when you have a coach that couldn't be doing what they are making you do. You know he can do everything you're doing and then some. He can talk the talk and walk the walk," said Scholl.

Not only has Smith made the strength and conditioning program into what it is today, but he has built a strong future for the program. The Strength and Conditioning Camps and Clinics held at Juniata, run by Smith, are becoming some of the largest in the country.

Smith is happy where he is now and does not plan to leave Juniata anytime soon. "The neatest part about working here is the population. Juniata promotes itself as a community, it's a great environment," said Smith. "It's a great place to be and I wouldn't be anywhere else. I plan to be here until

1,000 points: It has always been about getting buckets McDonald's milestone puts her on pace to be a Juniata all-time scoring great

Junior Kate McDonald, forward for the women's basketball team, recently scored her 1,000th point as an Eagle, putting her in the elite company of just 12 other players.

McDonald now sits at number 12 on the all time scoring list with an entire season left to play. If she keeps the same pace she could be in the top three by the time her career is over with.

"It is an honor to be in such an elite group. It would not be possible without my teammates though. They give me confidence to keep attacking even when I am struggling," said McDonald.

McDonald's teammates both past and present are thrilled about the milestone. One of the first things they all bring up is her work ethic.

"I played with Kate for two years and I never had to worry about her slacking off. No matter what we were doing I always knew she was giving her all. Knowing how hard she works the fact that she reached 1,000 so quickly does not surprise me one bit," said former teammate and fellow 1,000 point scorer Ashton Bankos '12.

"Kate and I came in together and from day one she was one of the hardest workers on the team. She is a fierce competitor out there and deserves all of the success

she has had," said junior guard Jordan Hileman.

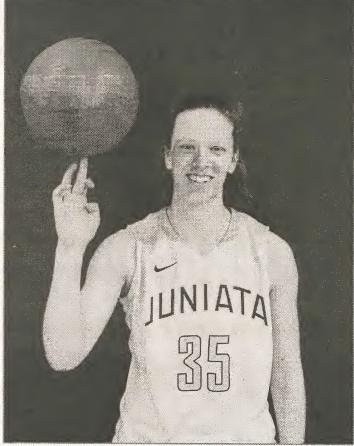
"I'm happy for Kate. She has been a great leader and set the example of how to work since I got here. There is no doubt in my mind she will go down as one of the best to play here," said sophomore guard Kelsey Livoti.

Despite the prospect of moving up to the all time scoring list McDonald says that will not be on her mind next season. She says her only concern will be winning games as it has always been.

"I don't really care where I end up on the scoring list to be honest. It is cool to be high up on the list, but I can reflect on that stuff once my career is over. While I am playing my concern will always be what I can do to help better my team. I have never believed in stat watching so I don't see any need to start doing it now," said McDonald.

Now with over 1,000 points as well as 500 rebounds with a season to play McDonald's final career numbers will put her in Hall of Fame talks. Her individual numbers will be some of the best ever at Juniata College. On top of that the women's basketball team has a record of 67-18 with McDonald on

"That would cool if I were inducted one day, but I am not even thinking about that. There



Junior Kate McDonald recently reached the 1000 point mark for the woman's basketball team in a 96-48 win over Drew University on Feb. 16. This remarkable feat was reached in only three years for this standout forward.

have been so many great play- I am just focused on helping my ers before me it would be foolish to speculate something like that. thing else is out of my control,"

team win while I am here. Any-

said McDonald.

"I definitely think she has a shot. The numbers don't lie. She has put up stats in three years that most people dream about doing in four so there is no telling how good she will be when it is all said and done," said Bankos.

"I know Kate isn't thinking about that, but I think she is in the conversation. She has good numbers and is a winner on top of that. I feel like that alone puts her up there with the best to play here," said Hileman.

"I don't see why she wouldn't be up for consideration. I am not sure how that whole process works, but I feel like she definitely deserves to be brought up in those talks when the time comes," said Livoti.

McDonald was named to the allconference team for the third time in her career also. The accolades continue to pile up for her, but she remains humble.

"I enjoy all the accomplishments, but they don't go to my head. I still respect every opponent just as much. You can't overlook anyone. That's how you get beat," said McDonald.

Kate has one more season to add on to her great numbers. With her work ethic and humility the sky is the limit for her. It will be interesting to see where she ends up on the all time list upon the end of

Strength and conditioning interns lead organized workouts Wiegand, Baker and Szczur gain valuable coaching experience this semester

By JARRETT LEVESH

Junior Rachelle Wiegand, senior Michelle Baker and sophomore Katie Szczur have spent their spring semester shadowing Strength and Conditioning Coach Doug Smith and helping him train all different sports teams here

Ever since Smith came to Juniata he has taken a few students under his wing every semester that are interested in training sports teams. "Our program is something that has progressed over a lot of years," said Smith.

The program is in place to teach students how to be strength and conditioning coaches. "We teach these kids to teach and coach the right way," said Smith. "We work on the concepts of power, speed and proper mechanics".

When the students first start out in the program they do not immediately jump into running workouts with the teams on their own "For the first couple weeks I shadowed Coach Smith," said Wiegand who is currently in her first semester of the program.

The students take a few weeks

to watch Smith, see how he works with the different teams and learn how to properly coach strength and conditioning. "They learn the ropes, and there are a lot of ropes to learn," said Smith.

Once Smith feels that the students are ready, he lets them begin to run workouts with the teams on their own. "After they know what they're doing I'll give them a routine and they'll work with the team themselves," said Smith.

Baker, who is working with Coach Smith for her second semester now, is training a team on her own. "I am currently making the workouts for the field hockey and tennis teams," said Baker.

This upcoming week Wiegand will be training a team by herself as well. "I will be training the swim team, actually running the workouts myself," said Wiegand. She is very excited to be able to start running workouts on her own.

Although they are running their vii workouts, the students are still supervised and helped by Smith. "They're doing the jobs of assistant coaches, and they're doing a real quality job with it," said Smith who is very pleased with the work ethic he has seen out of his three thought. "We need to know what students this semester.

Smith emphasized that the students were a huge help. "These kids do a lot for us," he said. He stressed that they were a huge part of what goes on in the weight room day by day. "It couldn't all work if it weren't for these interns here," said Smith.

To many this job may seem simple, but there is a lot of work put in for this program. Sometimes they are at the gym at six in the morning. "The students can be here up to five hours a day," said Smith.

Most interns do not mind the early hours. They have accepted the responsibility to be there working with the teams when they are needed. "It's all depending on when they need me," said Wiegand.

The whole crew is very serious about what they do; they are focused and hard working. "We don't just go through the movements here, said Smith. He makes sure that everyone is getting the best out of themselves.

Even the work that goes into creating the workout routines for each team takes a lot of time and

they did last workout, what they are doing next work out, and even what they are doing at practice that day," said Smith.

The hardest part of the program may be coaching kids their own age. "They are dealing with people their own age, that they know, and they are telling them what to do. It takes a special person to do that," said Smith.

Wiegand was worried about this at first, worried that players would not listen to "some chick". But now her feelings have changed. "A lot of the teams are really starting to warm up to me," said Wiegand.

Most of the students that do this program want to have a career in a related field to strength and conditioning. "This is what I would like to make my career," said Baker.

Wiegand on the other hand has a slightly different type of career in mind. "I want to coach volleyball, and I want some training in this field of athletics," said Wiegand

The program is actually available for credits. "I get three credits for the actual training and then two credits for the seminar I take along with it," said Wiegand. Although it is quite clear that the credits are not what is on the mind of the students, but rather just getting the most experience they can in something

Both Baker and Wiegand agree that their favorite part of the program is watching the teams grow. "I like getting to know the teams and watching them progress throughout the semester," said Baker.

Wiegand agrees, "In the future, I'm excited to watch the teams develop and grow stronger".

A major feeling that was portraved by the students was their love of working with Smith. "Coach Smith knows a lot, so I feel very privileged that I get to work with him," said Baker.

Wiegand agreed saying "I really enjoy working with Coach Smith, I like asking him questions and really just trying to gain as much knowledge from him as possible."

Coach Smith is very accepting to anyone who is interested in joining the program with him. "If you want to get into it just come down and talk to me, tell me your goals and I'll help in anyway I can," said Smith.

Coaches look to improve performance by cutting distractions

▶ from DRY SEASON page 13

the warning and explain what the consequences will be but they can only do so much," said Spayde. "They can't follow every single person on the team around and make sure they are not drinking so ultimately the players have to be the ones who enforce the rule."

Spayde continuyed to say, "The captains are the first on the team to

enforce the rule by simply leading by example and encouraging others to follow. Everyone else on the team can help enforce the rule by just keeping an eye out for one another and remind each other about the rule especially when Coach Blair is on duty."

"Everyone enforces this rule. We all know the importance of committing ourselves. If you want to be successful you have to be

willing to make sacrifices, even if it means we can't join our friends in certain weekend activities," said Palmer.

"The captains made sure that the team stayed on track throughout the season. Our team learned to manage our nutrition in order to play better. We also learned how sacrifice and commitment really do pay off," said Lackey.

There are many different les-

sons to be learned from the whole dry season. A coach tries to teach several life lessons by enforcing

Not only do coaches want their team to be as healthy as possible, but they also want to teach them to be discipline.

"There is certainly a health benefit. There are consequences to consuming alcohol during a competitive season. So there are so many health benefits. If players stay away from alcohol they can have improved reaction times, better muscle recovery, and the possibility of being dehydrated is smaller. It is also about having a discipline. It is also about everyone being on the same page and for those who can legally drink alcohol, we ask them not to because we are a team and we do everything the same," said McKenzie.

Top 10: Things JC Students Never Say By Kunal Atit

- 1. Eagles Landing
- 2. IA was really helpful.
- 3. ... So I met my future husband/wife at East.
- 4. I love the Chinese food on campus.
- 5. Wow, the internet is really fast!
- 6. Huntingdon weather is so predictable.
- 7. All my relatives know about Juniata (Brumbaughs, you're the exception).
- 8. We need more science majors.
- 9. I know the entire alma mater.
- 10. I'm not drunk.

Dear Wizard,

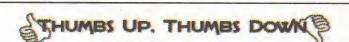
I was wondering if you could give me some advice about what to do when encountering the Borough.

Preoccupied Partier

Dear Partier,

Whenever you're in a tight spot with the Borough, remember it is important that you try to seem as sober as possible. When you're drunk, it's easy to slur your words. Even more, you could be very nervous and talk quietly. Nothing is more suspicious than a mumbler, so remember to really annunciate and vocalize your words. Try to get establish a close bond in order to escape the patty wagon by standing close to the officer. Occasionally patting the officer on the shoulder and/or giving him or her a hug will surely bring you two together, and nobody can arrest a friend. I hope this advice will do you well on your next adventure.

Your Friendly Advice Wizard





Thumbs down to career day. It's always nice to meet people who will eventually reject me.



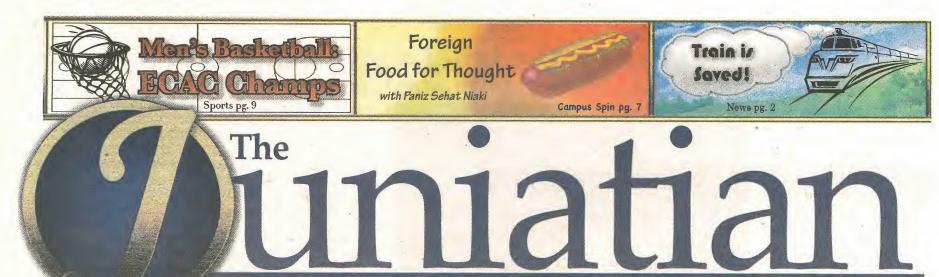
Thumbs up to Juniata for bringing back milk cartons. Please God let campus wide nap time be next.



Thumbs down to the stomach bug ravaging the student body. I need a hazmat suit to go to class.







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THURSDAY, MARCH 28, 2013

Weeding out the offenders: Punishment is suspension JC administration follows through with marijuana incidents uncovered by Res Life

By KAYCI NELSON

Multiple students have been forced to either take a leave of absence or be suspended for violating the drug policy this semester. One suspected explanation for this chain of events is a campus-wide increase in marijuana use.

Residential Life has reported more instances of suspicious drug-related activities in residence halls. "In duty reports they see it, smell it and have to investigate it, so in that regard it appears to be more," said Dean of Students Kris Clarkson.

"I don't think it's from a spike in use but more because of the education of the RAs," said Jesse Leonard, director of Public Safety.

This semester alone there has been four to five documented incidents of marijuana-related busts on campus. Discussion about culture change has ensued with the recent legalization of marijuana in Washington and Colorado states.

"I wouldn't say that more students are smoking, but I would note that as the national culture toward smoking marijuana shifts, it will be harder for Juniata students to not be affected," said junior Jacob Messer.

"I think everything is relative. It



KATE SMITH / JUNIATIA

Public Safety officers and the administration are concerned about the use of marijuana in residence halls. Despite student opinions, Juniata maintains a zero tolerance policy when it comes to drug policy violations.

is easy for us to say, given the legalization in Colorado and Washington, that people think it somehow changes things all over, but that's not the case," said Clarkson.

Some students argue that the punishments for alcohol use are more lenient than for marijuana use. If a student is found to be in possession of marijuana, he or she is immediately suspended. Underage drinking, on the other hand, usually does not result in an imme-

diate suspension.

"I believe the College should handle marijuana use the same way as alcohol use. It's problematic when students are disruptive, pulling water fountains out of walls, and they receive three strikes for instances like that, whereas smoking is a first offense situation," said Messer

"I think Public Safety and the administration spend a lot of time looking for people not harming anyone for doing something slightly illegal. I say 'slightly illegal' because, according to Pennsylvania law, it is a greater offense to provide minors with alcohol, which many people do on this campus, than it is to smoke," said junior Duncan Reiss.

"Sometimes things are treated differently. I don't think it's fair to say that we never do anything for students providing alcohol; we do, and we suspend people for hosting and furnishing. We don't go through and search your dorm, but if you're smoking marijuana it's pretty detectable," said Clarkson.

Despite the differences in punishment between alcohol and marijuana use, disruptive behavior is still addressed accordingly.

"Someone has to deal with the smell, and someone filling the hall with marijuana smoke isn't any different than someone with a big, loud party. It's still a disruption to the community and the learning process. We're going to respond if called upon whether it's drugs or alcohol," said Leonard.

"I think the rules are different if you were in New York City, Manhattan or Greenwich Village smoking a joint. Chances are nobody will do anything. But here, it is considered much more dangerous in Central Pennsylvania," said Clarkson.

"The smell is probably foreign to more of our students. You kind of have to have a nose for it because it's not every day. If you were in a place like New York City, it's more prevalent and you think, 'oh someone is smoking weed, it's

▶ see MARIJUANA page 3

Professors fight for their FISHNSAAC runs first interdepartmental gladiator event

By Lauren Liacouras

On Friday, March 22, Juniata students and professors competed in the SAAC sponsored JC Gladiators, where they went head-to-head in various sporting events.

Junior SAAC member Nicole Dengler spoke about how and why the event was created.

"The idea first came up at one of our SAAC meetings. The event supports the Huntingdon Community Center and also helps spread awareness about SAAC and what we do," said Dengler. "Participants will compete in dizzy bat, a three legged race, pig and some other fun relays."

The participants for the event were broken up into teams based on FISHN categories. Fine Arts competitors included Professor Neil Utterback and Pastor Rick Brown. Dr. Emil Nagengast and Dr. Amy Frazier-Yoder contended for the International department. Dr. Kathy Jones, Dr. David Widman and Dr. Daniel Welliver contested under Social Sciences. Dr. Will Dickey, Dr. David Sowell and Dr. Xinli Wang fought for Humanities, and Dr. Neil Pelkey, Dr. Peter Baran, and Dr. James Kronholm represented the Natural Sciences.

Dr. Kathy Jones of the education



Students cheer on their professors at JC Gladiators on Friday, March 22. The event was a defeat for professors who competed in various sporting events against colleagues and students.

department was not as much concerned about the competition itself, rather, how the event would amuse the students in attendance.

"We have no idea what's going

"We have no idea what's going to happen tonight. I'm here personally for the entertainment aspect. Anytime professors can embarrass themselves, we're happy to do it," said Jones.

Amidst the participating staff

was Dr. Emil Nagengast, who made it clear that the International department would be victorious.

"The other faculty members are a bunch of punks. I mean look at natural sciences, they should be in an old folks home," said Nagengast. "As long as Amy Frazier-Yoder doesn't screw up, I think we

▶ see GLADIATOR page 4

New pope, same robe Cardinal college elects Francis I

By Alexis Waksmunski

Pope Benedict XVI, previously known as Cardinal Joseph Ratzinger, stepped down from his position as leader of the Catholic Church on Feb. 28, 2013 due to age-related health concerns. On March 13, 2013, the College of Cardinals selected Cardinal Jorge Mario Bergoglio to succeed him as Pope Francis.

"My strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry," said Pope Benedict

XVI, who will turn 86 in April.

Prior to the selection, Catholics worried about the consequences of not having a pope during Easter season. Senior Nathan Salamone, Catholic Council President and Spiritual Section Head of all religious clubs on campus, considered what this would mean for the Church.

"We don't have a pope right now, and this is the Easter and Lenten Season, a time to rally around the pope," said Salamone. "I think this is the time now than ever to have a pope."

According to rules of the Catholic Church, conclave, the official procedure for electing the pope, begins 15 to 20 days after the

death or resignation of the pope. In this particular instance, those rules have been changed, and the cardinals began conclave March 12, 2013.

After only two days of voting at the Sistine Chapel in Rome, Cardinal Mario Bergoglio of Argentina was chosen to lead the Catholic Church as the first South American pope in history.

According to the media and preliminary reports from the Vatican, Pope Francis was not the likely choice for pope. The factors that contributed to the unlikelihood were his age of 76, his membership in the Society of Jesus and his position as an outsider in the papal bureaucracy of Pope Benedict XVI.

Pope Francis is a member of the Jesuits, a Roman Catholic religious order that was founded by Saint Ignatius Loyola in 1534. He is the first Jesuit to ever be elected pope.

Salamone believes that these differences will benefit the church.

"I am happy he is not a European pope because this may provide a new world view, hence a new perspective on the papacy, and I am intrigued to see how the first

▶ see POPE page 2

The train is staying on the tracks \$3.8 million per year to keep Pennsylvanian alive

NEWS

By HALEY SCHNEIDER

Residents of Huntingdon and members of the Juniata community who rallied to save the town's Amtrak station look to be rewarded for their efforts. On Thursday, March 21, Governor Tom Corbett's office announced their plan to keep the station running.

According to WJACTV, the state of Pennsylvania has agreed to give \$3.8 million per year to keep the station in existence.

"This is certainly an example of lots of people working together for a good purpose," said Tom Kepple, president of Juniata.

The "Pennsylvanian," Huntingdon's only passenger train, was in danger of being shut down due to a law passed in 2008 that requires states to pay for any train station shorter than 750 miles. It was announced that Amtrak would have to pay \$5.7 million dollars by October 1, 2013 or close the route for good.

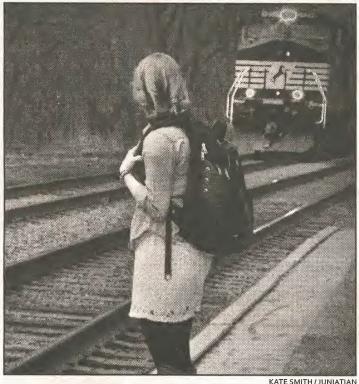
In response, many students and faculty of Juniata joined local residents in a "Save our Train" rally on March 1. Senior Gabriella Ricciardi, who attended the rally, was happy to hear about Corbett's plans.

"I was elated because I felt what myself and the other ralliers had done really made an impact," said Ricciardi.

For Ricciardi, the train was central in her decision to attend Juniata College.

"The train was my only means of transportation for my first three years of College," said Ricciardi.

Assistant Dean of International Education Kati Csoman stressed the importance of the train to students who have no other mode of



Freshman Kaitlyn Lewis is one of many students who depends on the Huntingdon train station. Students were concerned over rumors of the line's termination next fall.

transportation to and from the college.

"Keeping the train in service means that accessibility of Huntingdon and therefore Juniata is possible for more people," said Csoman. "In almost every other part of the world practically, public transportation is recognized as an effective and sustainable public good."

For international students, the task of finding other modes of transportation would have been particularly difficult.

"International students must have access to public transportation in the U.S., especially as obtaining a driver's license is a restrictive process beyond most of their means," said Csoman.

Junior and Chinese international student Song Mingwei said she was relieved to hear the news.

"I use the train at least six times a year," said Mingwei. "My family will even use it for coming to my graduation."

"I am glad the governor and legislators in Pennsylvania can recognize the value of allocating resources in an ethical manner," said Csoman.

For now, students can expect the Pennsylvanian to continue to be available for future use, keeping Juniata more accessible for students outside of Pennsylvania.

JC seeks more AEDs Jumpstarts request for funding

By Spencer VanHoose

There has been a discrepancy regarding how many automated external defibrillators (AEDs) are working on campus. However, Juniata currently has six AEDs and is looking to fund more for campus buildings.

An automated external defibrillator is a portable medical device that delivers an electrical shock to restart a person's heart. It provides voice prompts that explain exactly what do to and will only administer a shock if needed. Any person is able to operate an AED to potentially save someone's life.

Jesse Leonard, director of Public Safety, confirms how many AEDs Juniata actually has.

"QRS [Quick Response Service] will have one when the battery comes. Public Safety keeps one in the patrol car. There is one in the main gym and there is also one in the fitness center. The athletic training center also has two roving ones that will go to the athletic fields," said Leonard.

"Student government came to me asking for suggestions of how they might use some of their money to benefit the community, so that's why I said to Jesse, 'well maybe I'd talk to student government because I know they are looking for ideas for things they could do to benefit the campus,"" said Dean of Student Kris Clark-

Leonard commented on the upkeep of the devices.

"They do require some servicing because they can kind of lose their charge and we either get them serviced or get them a new battery. If and when that happens, we usually shuffle them amongst each other to prime locations," said Leonard. "We have enough to suit our needs."

"Ideally, I think there are some other areas where we should have them. Like Halbritter, because we do so many different performances there and we tend to draw people from the larger community. Also, we should put them in all the bigger buildings, such as von Liebig, Brumbaugh and Founders, but they are very expensive," said Clarkson.

"I know that at times offices can approach student government for items. It doesn't happen that often. We truly try not to do that because that's fees that stu-

dents are paying to come here," said Jessica Jackson, director of student activities. "I know our office has been approached before for a little bit of funding but that was for more office supplies for clubs and student government approved that. It would be a very last resort to use student government funds."

Although student government is asked to help aid certain projects, they were not randomly asked to buy the expensive AEDs due to lack of funds elsewhere.

"We can go through the Campus Safety Committee and they have some budget to work with. So we thought we'd see if they have money to work with. I know student government has a little surplus that they are taking proposals on and Jesse has spoken to student government about that. I thought that it would be a wonderful thing for student government to do and such a terrific service, but institutionally, we should be doing that one way or another," said Clarkson.

"We can't count on student activity of student government money to be buying safety equipment for the college. But if they want to do that, I think it would be a generous wonderful gift that would benefit everyone."

The AED carries a \$2,800 price tag. "We [Campus Safety Committee] have plans to purchase one and if the student government funds are allowed to be allocated toward it, we will get more," said Leonard.

Sophomore and vice president of student government Thomas Tuyen confirmed student government's stance on these funding

"We do have enough to fund an AED if we need one, but I don't think we are planning on doing it quite yet. I think we are looking at grants first just to make sure before we jump in and spend a bunch of money when we could have gotten a grant for that," said Tuyen.

Juniata College EMS club also has their own AED. As of now, their AED is out of commission. Junior Sarah Hayes, captain of the Quick Response Service, is passionate about getting more AEDs on campus.

"We have radios and when a call goes out we are dispatched in tandem with Ambulance 500, which is the Ambulance Company

▶ see AEDs page 4

First Vatican vacancy since 1415

▶ from POPE page 1

Jesuit pope interacts with the modern world," said Salamone. "I am holding back any evaluation until he starts taking some action."

Other members of the Juniata community are looking forward to a more active pope as well.

"I hope that our next guy is more of a public figure, takes action and speaks about world issues - one who is really involved and who does a better job of reaching out to people," said junior Becky Brum-

"I remember very clearly there was significant sadness among students after the death of Pope John Paul II," said Juniata College Chaplain Lowell D. Witkovsky. "Pope John Paul II was better known by younger Catholics that felt more connected to him."

"Pope Francis appears to be a man who will become very connected to the people, similar to Pope John Paul II," said freshman Brittany Jasper. "I feel we will have many good years under this new pope."

Another reason Catholics are confident about the new pope is his apparent humility.

"From what I have seen him do so far he seems to be a very humble man," said Jasper. "When he was addressing the people he asked for them to bless him and he kneeled during a moment of silence."

Although many Catholics seem to agree on the choice for new pope, they are divided on the ap-

propriateness of Pope Benedict XVI stepping down. According to the Catholic Church's Code of Cannon Law, a pope may resign, although that action is very rare.

"How do you undo what has claimed to be a divine act?" asked professor Donald Braxton, chair of the religion department. "The consecration of the pope is considered a continuous transfer of a power called a czarism, a gift from God, a potency of grace that is handed down through an unbroken chain."

"I think it is very appropriate for a pope who is 80 years old to retire thinking about his health and thinking about the issues that come across his desk on a daily basis that are the issues of the world. That can be a lot for someone who is 80," said Lisa Baer, Catholic Campus Minister. "I think it is fine for him to say to the leaders of the church, 'It is time for new leader-

"He is acknowledging that he is not able to do as much as he wants to and the kind of quality job that he knows everyone needs. It is a really unselfish thing to do," said Brumbaugh.





Outrage over drug policy

▶ from MARIJUANA page 1

no big deal.' I don't know if that's our case," said Leonard.

Public Safety has a working relationship with the Huntingdon borough. In most cases, Juniata will adjudicate the situation unless the event occurs in an off-campus house.

"We have a great working relationship with the borough, and we have an understanding too that the College resides within their jurisdiction. We kind of share responsibilities with our College students, but if they were to come across any narcotic in an off-campus apartment not owned by the College, there is little room for us to do anything. The ball is in their court. A lot of the time when they are assisting us with something on campus, the ball is still in their court," said Leonard

Universities and colleges in Colorado continue to prohibit the use of marijuana on campus despite its recent legalization.

"The colleges immediately, when the legislation went through that it was legal, sent statements that said it is still illegal on campus. They have done that rather quickly. The long and short of it is: regardless of your opinions or perceptions on it, we still have a very staunch policy for it and [it is] something we will continue to enforce," said Leonard.

"Whether it is illegal or not, people are still going to do it and people always will do it. Society is progressing towards the legalization and acceptance that it isn't that bad and cracking down to impress the local police department for people not harming anything won't help," said Reiss.

Public Safety currently has ongoing investigations and has identified specific individuals that engage in marijuana use on campus.

"We continue to investigate. We have people we keep an eye on. We're not oblivious as to what is going on on-campus. The RAs keep us very well connected and student affairs professionals keep us well connected to the student population," said Leonard.

"Just sitting on the student affair committee, I know that if Juniata doesn't act, the borough will. If the borough takes legal action, it would be a lot more severe than how Juniata will handle it. It doesn't mess with your life plans, you get to come back for next semester," said senior Toni Harr.

With differing opinions on marijuana use, the discussion creates a forum for students and administrators to express their thoughts and beliefs.

"If students disagree with something they should let the administration know. More students need to speak up for what they think," said Messer.

Quinn Analytics seeks help of I4I Rocky Mountaineer app built entirely by students

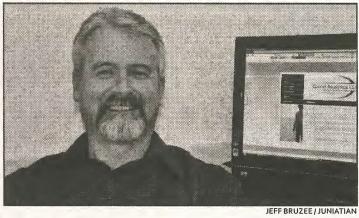
By Devon Wiser

For the past three semesters, Juniata students in the Innovations for Industry class have been working on a project called Rocky Mountaineer with Gregory Quinn, president of Quinn Analytics LLC.

Rocky Mountaineer is a project aimed at creating a database system for tour trains in Canada. The database keeps track of all of the trains, where they need to go, how many people are on them and allows changes in the itinerary if needed.

"What we are basically building is a database that holds all the info and a website for it. We work all week and then meet Quinn on Thursdays to talk about what was done during the week and he tells what needs to be done for the following week," said junior and project team member Maximillian von Thaden.

"Most companies only use about one-third of the functions of their available programs, but pay the full price for what they use. So Quinn makes cheaper yet better applicable software so that companies are getting their full use out of it. Hopefully this will market to other smaller train systems as well. Also, he makes the database usable by someone who isn't technical," said junior and current project lead



Gregory Quinn, president of Quinn Analytics LLC, has been working with Juniata I4I students for three semesters on a Canadian train application. The project, Rocky Mountaineer, is a web-based application.

Christopher McMahan.

"The Rocky Mountaineer project is a web-based application that could be used to manage the schedule and inventory of a tourist train company. The project was built entirely by students, from the actual web pages to the database. It had to account for scheduling conflicts, the joining of trains if they were traveling the same routes and rail car maintenance schedules," said senior and former project lead Jordan Cheslock.

Quinn Analytics LLC started at the end of 2010 as it branched off from the business Quinn & Associates Inc., which began in 1998. Quinn and Associates Inc. worked with providing software and services to all types of businesses, making optimal use of a firm's resources.

Quinn Analytics has specialists in computer science, mathematics, and operations research.

"The work they've done is very impressive. It got a polish that I didn't expect. Every team did a cracker-jack job. If they weren't doing it, it probably wouldn't be getting done. It is close to product-ready material and will be finished this semester," said Quinn.

"As the current project lead, my job is to manage the given tasks. The first semester was all about coding, creating the website

> see QUINN page 4

Power Down Dinner to raise money for solar suitcases Students dine in the dark at second annual fundraiser to light up Gambian clinics

By SHALEN PEREHINEC

The Power Up Gambia club has begun a new project to aid in Gambian relief. The club is fundraising for a Solar Suitcase that will be delivered to a health clinic in the Gambia

"The Solar Suitcase is a portable, solar-powered generator. Each unit contains a battery storage and two panels, along with outlets for charging different appliances," said senior Kieran Cavallo, vice president of Power Up Gambia.

"One of the biggest issues in the Gambia is power. During my time there, it was very on and off. We would go for long periods of time without power," said sophomore Eli Murphy, who studied abroad in the Gambia this winter. "In a hospital or in a clinic, that's a very bad thing to happen, so having the Solar Suitcases as a source of power is the most beneficial thing that

could happen for the clinics right now."

The Solar Suitcases will be delivered to a clinic in the Gambia but can be transported for emergency purposes.

"It's not necessarily for just a clinic. If there were a car accident along the side of the road in an area like the Gambia, the electricity is really unreliable, so people would be doing work by using cell phone lights. The Solar Suitcases would be more efficient and helpful for them," said junior Diane Nguyen, president of Power Up Gambia.

The club is relatively new to the Juniata community. In the first few years, it raised funds for solar panels instead of Solar Suitcases. Emil Nagengast, professor of politics, has been involved with studying abroad in the Gambia and has assisted with the Power Up Gambia club.

"It started in the fall of 2010 be-

cause I was in the Gambia for the full spring 2010 semester teaching and there were seven Juniata students with me," said Nagengast. "While we were there, we visited a rural hospital where they had huge solar panels. We visited the hospital and talked with the people about the panels."

Seeing the solar panels at the hospital sparked the interest of one of his students, who decided to see how-she could help back on campus.

"When we came back, one of the students, Blair Saul, said, 'I want to start a Power Up Gambia club on campus where we raise money to help set up solar panels.' At that time, Power Up Gambia was planning to build a new set of solar panels at another hospital, so the money was going to go for that," said Nagengast.

The club was successful in raising money for solar panels but has

decided to change directions.

"What's unique about this project is that these suitcases will be tracked, so we, as fundraisers for this particular suitcase, will know where it is at all times and will know exactly where our money is going," said Nguyen.

"You get to see exactly what our fundraisers are contributing to. It provides a tangible project that we can work toward," said Cavallo.

"I think it'll be much more satisfying for them to actually see what their money went for and then for us to take it over there this summer on our trip to deliver it to the clinic," said Nagengast.

Each Solar Suitcase costs \$2,000, but the Power Up Gambia club will only need to raise half of that.

"We had a dinner with the executive director of Power Up Gambia, Lynn McConville, when she came to visit a few weeks ago. She said that if we raised \$1,000, half of it, she would match us up with a donor that would pay the other \$1,000," said Nguyen.

So far, the club has raised about \$500 due to its most recent fundraising event.

"Last semester, we did a 'Dancing with the Professors' event where different students would dance with different professors. We just charged an admission fee, and that's how we raised money for it. It was pretty successful," said Cavallo.

On April 3, the club will sponsor a "Power Down Dinner" at the Stone Church in hopes of raising the other \$500.

"It was an event that we had last year. Students basically cook a traditional Gambian meal and the idea is to have as minimal electricity as possible, so it's a dinner by candlelight," said Nguyen.

The club has not only been beneficial to the Gambia, but it also has given students a chance to make a difference.

"I think that the Power Up Gambia program has been great because it has allowed students to be able to give something back to the Gambia. We go there every year and have a great time, and then the students come back and that's usually been it," said Nagengast.

"It's also a nice way for the students to reconnect with each other. You'll see at the Power Down Dinner that most of the students who have gone to the Gambia trips will come back, and it's a way for them to connect and retell their stories to each other."

"It's also a nice way for other students to know what's going on in the Gambia and to learn about what we do there. There are unlimited fundraising needs over there in the Gambia, but this is a very well-run organization," said Nagengast.



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Project's final phase

▶ from QUINN page 3

and structuring the database. The project is in an interesting place. This semester we are seeing if the database is robust and can handle situations such as one of the cars breaking down. Also, we've made the website more useful," said McMahan.

"As last year's project lead, I had to ensure that the requirements of the project were met. This meant all of the coding for the project as well as the documentation needed to meet the expectations of both Quinn and the I4I professors (Bill Thomas and Marlene Burkhardt). I became project lead because I had worked on the project as a team member during its inception and was the only returning member of the first team," said Cheslock.

"Innovations for Industry is mostly work for local businesses. It pumps us out to businesses and we do what they want us to do. We've worked as far as D.C.. We are getting real-world work experience with situations and requests that real clients will have, such as Quinn's. It is a great job experience and looks good on your résumé too," said McMahan.

"I thoroughly enjoyed working on the project. It was a great experience and I found it fulfilling to actually see my work become something more than just a grade. Greg Quinn was extremely helpful and excited about our work, which really helps a project like this get completed," said Cheslock.

"The biggest challenge is the time management. They can't just do 40 hours of coding per week; they only have certain time frame availability. All of the students have different abilities, ranging from the technical abilities to the hands-on experienced ones," said Ouinn.

"Working with Quinn is different from other project sponsors. Quinn is more laissez-faire. It's an experience working with him and a great job working experience too," said McMahan.

"I feel that the experience I gained through I4I projects is going to be extremely beneficial as I look for employment upon graduation," said Cheslock.

"I can't say enough of the help and support of the Juniata staff here compared to the help of other universities. It's like day and night," said Quinn.

AEDs benefit the JC community

▶ from AEDs page 2

in Huntingdon," said Hayes. "We have ordered a new battery using the club's money, which costs around \$275. Previously, the Public Safety vehicle had our AED, but we are deciding whether we want the EMT on call to carry it."

Sophomore Kenneth Kysor, a professional EMT, believes there should be AEDs in every building on campus.

"There needs to be at least one in every academic building and one for each RA or RD at the dorms for whoever is on duty on the weekends," said Kysor.

"They are a life-saving piece of equipment," said Hayes.

"I believe we should have more AEDs on campus because the thing with AEDs as well as administering CPR is time is of the essence. Having one for the whole entire campus can be very problematic."

Event couples school with sport

▶ from GLADIATOR page 1

can win."

Frazier-Yoder was confident that the international department had an edge over the other teams and agreed with Nagengast that they had a solid chance of winning.

"We represent the international department, so we know a lot about world sports. We definitely have an advantage," said Frazier-Yoder.

Juniata students packed the bleachers in the intramural gym to watch some of their favorite professors compete.

Sophomore Brett Heber believed the event to be an enlightening as well as entertaining experi-

"JC Gladiators made me un-

derstand the close relationship between athletics and academics," said Heber. "Seeing our academic leaders in such a grueling and competitive environment further sparks my interest to both learn and compete."

Others among the crowd included junior softball player Katie Schroeder and junior tennis player Megan Phillips.

"It was a really fun event," said Schroeder. "I enjoyed seeing the professors outside the classroom and their comfort zones."

"I liked watching the professors lose to the students. That was awesome," said Phillips.

Sophomore Heather Waring believed the event to be a role reversal opportunity for the professors.

"I think the event was a great

way to see the professors outside of an academic environment," said Waring. "It also allows them to see what students do athletically on a daily basis on top of their academics."

The students witnessed their professors' athletic abilities, and, in some cases, the lack thereof.

Sophomore Brandon Hark had summed up his experience as the night drew to a close.

"I saw things tonight that cannot be unseen," said Hark.

The SAAC team took the overall win for the night, with the international department coming in second place.

Both the students and faculty responded positively to the event, and enjoyed each other's company outside the academic arena.

Environmental class encourages students to channel zen Professors instruct various alternative techniques to increase self-understanding

By MATT ELIAS

Designed to teach awareness of the inner environment through mind-spirit and mind-body connections, the environmental awareness course uses techniques from different cultures to increase self-understanding and connection to the outer environment.

Offered in spring semesters, this one-credit course is taught by Dr. Neil Pelkey, associate professor of environmental science. The course features many area experts who employ multicultural techniques to facilitate student awareness of the inner environment.

"This course was actually the idea of a student, Alex Witter, who contacted Paula Wagner of the First People's Club," said Pelkey. "I spent time on a Native American reserve so I connect to the course in that aspect. However, I consider this a course for the students. I am only maintaining it for Paula Wagner while she is on sabbatical."

Most courses of its kind focus on issues in the outer environment, but this course has a different philosophy.

"This course focuses on how people can relate themselves to the environment," said Pelkey. "The idea is that once people can understand themselves, they can better understand their surroundings. We try to listen to the environment and see what it has to tell us."

"I have to admit that I am always a bit skeptical going into an activity," said senior Matt Blank. "But once I'm immersed in the activity I love it. My favorite class was when we participated in shamanic drumming and tried to create energy to connect with the beats we were making."

Pelkey teaches the course in conjunction with ClearBear Daugherty, a Native American Juniata graduate who specializes in shamanic drumming, guided visualization and Reiki.

"ClearBear is extremely knowledgeable in meditation, chakras and spirit animals," said junior

Ross Madden. "She embodies the principles of the course in the regard that she's incredibly tuned into her environment and the people around her."

The course also brings in instructors from a variety of different philosophies.

"Most people view the environment as either monotheistic or polytheistic," says Pelkey. "We instead try to focus on mindspirit and mind-body connections through yoga, tai chi, Reiki and body language. We try not to evangelize for any specific practice as each practice serves a specific purpose in achieving inner environmental awareness."

In stressing the importance of a mind-spirit relationship, Phil Dunwoody, associate professor of psychology, instructs students in tai chi. To promote self-connection to the body, area expert Jen Champion of the Huntingdon Health and Wellness Center leads students through yoga sessions.

"As an athlete, the yoga sessions were incredibly beneficial for me," said senior Matt Blank. "I viewed these as opportunities

to stretch my body and recover from arduous workouts, but also as opportunities to develop a stronger understanding of how my body functions."

Sarah Jefferson, another employee of the Huntingdon Health and Wellness Center, and Inbound coordinator Alex Vlasic instruct students in Reiki, a form of therapy that focuses on energy centers within the body.

"The Reiki was beneficial for me in the regard that I learned to isolate specific sectors of my body and understand how they feel," said Madden. "The body is made up of many parts and should be viewed in that regard."

Dr. Lynn Cockett, associate professor of communications, instructs students in body language, focusing on developing an awareness of social surroundings.

"Most people are unaware of social cues," said Pelkey. "This course should increase an individual's ability to perceive what others are feeling."

"One class we focused on making faces in front of a mirror," said Ross Madden. "I can honestly say

that I have become infinitely more in touch with the movements of my face through that activity."

To sharpen the senses, students participate in various outdoor activities such as comparative smelling and face down swimming. The environmental awareness class also practices scatter vision, a technique that focuses improving sight.

"The nose has an extremely wide range of smell that we fail to tap into. We have students smell pine trees and compare that smell to the smell of a swamp," said Pelkey. "By making students consciously aware of differences in smell, we try to broaden the range at which we naturally experience smell."

"Through my increased self-awareness I have been able to understand my surroundings more," said Blank. "I have become more aware of smell and hearing, and through yoga, Reiki and our other activities I feel more in tune with myself."

"Our society has become so busy that we all feel the need to rush and walk at an extremely fast pace. Naturally, we walk with our

heads down so we do not trip," said Pelkey. "Scatter vision focuses on slowing our steps, feeling each one individually, so that we can be more aware of the world around us. It's amazing how much more of the world we observe this way."

Focusing on self-understanding and connection to the outer environment, the environmental awareness course prides itself on multicultural techniques that promote mind-body and mind-spirit awareness.

"I have explored these connections outside this course," said freshman Chad Albert. "It is unfortunate that this course isn't offered to freshmen, however, I am looking forward to expanding my self-knowledge next year when I enroll. With the assistance of area experts and ClearBear, I know the way in which I view my surroundings will expand."

Blank concurred with this sentiment. "The biggest thing I've learned is open-mindedness," he said. "I've become more in touch with myself and the world around me through my effort to be open-minded."



Be nice, everyone you meet is fighting their own battles

challenges in their lives. Perhaps it's a test that is worth 20 percent of the overall grade, or just keeping up with homework and socializing all while maintaining a healthy nap schedule. It can be stream of school food mixed with Suicide Prevention. memories of mom's homemade meals can be just as hard on a student that could really use students can all relate to these inconveniences that make school rough, but there are more things on their minds.

their first year at school. This encourage others.

number continues to be an evergrowing statistic. A survey from the National Alliance on Mental Every day, students face Illness shows that 27 percent of college students have reported feeling depressed. Even more, these numbers contribute to the grave fact that suicide is now the third leading cause of death among 15-24 year olds according incredibly difficult. The constant to the American Foundation for

Still, students find ways to be inconsiderate towards each other. Friends and roommates have some rest and relaxation. College fights over petty matters and housemates have silent wars over who has to wash the dishes or take out the garbage. Some students even go as far as stealing from Money problems, family issues others or even worse, assaulting and personal health are just a fellow students. These things few additional things that might all make life harder and more be on any given student's mind. unpleasant for everybody, and According to the Cooperative they might make being at school Institutional Research Program, miserable. It can be difficult to percent of students in remember sometimes that other 2009 expressed concern about people can be silently suffering, their financial situation within so it is important to reach out and

new way to give people praise through anonymous messages to the leaders of the page, these compliment groups had a start in Queen's University in Kingston, Ontario. After experiencing several deaths on campus and having to simultaneously cope with schoolwork, the founders of the page made an effort to create something that would brighten up anyone's day.

The reception has been great thus far, and many colleges have created their own compliment Large Universities such as Columbia University, University of Pennsylvania, Washington University in St. Louis have joined in on the love and have some of the largest groups on Facebook. Schools similar to Juniata, such as Allegheny College and Ursinus College, have also

This kind of outreach has order to promote a kinder and brought about the popularization happier student body. It should of some Facebook groups that be known that Juniata does have compliment other students. A its own compliments page, but there is not much membership, contribution or knowledge of the page.

> While getting anonymous compliments may not seem like a life-changing experience, it is important to remember that the actual thought and kind words will be heard. Juniata College is a community. One of the key elements that Admissions pushes onto everyone is that Juniata and its students communicate and are united. Giving each other compliments is a wonderful way to build up our student body even more and keep each other happy.

However, there is a multitude of other ways to make one's day. Another practice done at Queen's University is putting Post-its on walls that offer kind words. Bringing a warm drink to a friend during these harsh winter days can also be great. Making a nice adopted this loving behavior in meal is a great way to treat friends

and get away from the cafeteria for a bit. Anything considerate and thoughtful can make campus a happier place, especially when the weather is so terrible.

Even still, some may think that there is no real point in doing small things for others, but that is not true. A study from the University of California, Los Angeles, the University of Cambridge and the University of Plymouth shows that being kind inspires others to follow the example and be kind as well. With this in mind, some skeptics may feel that their effort will not be for naught.

So, if anything can be taken from this, it would be to remember that kindness goes a long way. Do things that will make others happier. Why? Because it will inspire others to do the same. Who doesn't want to live in a nicer world where others look out for each other? It might not always be easy to see these acts of kindness, but it is always easy to do them.

A critique of the modern day prison system



When looking at the prison system, the most important thing to consider when deciding if it is effective or not is what the expected result of imprisonment is. There are three main rationales for the purposes imprisonment serves: deterrence, punishment or retribution and personal reform.

imprisonment as a tool to be used to prevent or deter people from committing a crime in the first place, and operates under the belief that after imprisonment an individual will be less likely to re-offend. This is based on the idea that if the consequences extremely unpleasant otherwise pleasant it will prevent people from taking that action.

as a chance for punishment probably will not have much or retribution view it as such of an effect on people who to reform is such a way that reform to try to address the because the criminal has done commit crimes for other reasons. they society some wrong, and now Some of these reasons could contributing members of society. which are causing them to feel society is going to exact its include: they belong to a deviant This method does its best not to criminal activity is necessary. punishment for the acts against subculture it. This comes from the idea that criminal behavior or they are the imprisonment of prisoners is economically meant to make up for the wrongs or unemployed and criminal

personal reforms comes from the idea that if a criminal can be reformed, he will no longer commit crimes or cause problems for society. This perspective views imprisonment as a chance to help rehabilitate prisoners or change their situation in such a way that they will no longer have or feel a need to act criminally.

As it is now, deterrence is the understood goal of the current prison system. The problem that I see with having a prison system based on the idea of deterrence is that it doesn't deal with the root of the problems that cause criminals to commit deviant acts. That is not to say that deterrence is worthless as a means of discouraging some crime, but it will only deter certain types of crime.

If an individual commits crimes for fun or just because they have the opportunity to, deterrence would probably be an effective method of stopping them, because their gains from the crime are very limited and the consequences far outweigh Those who view imprisonment the benefits. However, deterrence that encourages disadvantaged they have done to society. activity is the only means they

The other problem with deterrence is that one of the effects of imprisonment with deterrence as the goal is that a formerly imprisoned person will have stigmas attached to them once they have been released, and as a result will have decreased job opportunities. Many employers are reluctant to hire former prisoners, and many people in society shun them.

This is because the convicts in a deterrence system are held up to the public as examples of bad people being punished for their actions. When they are released, they are still viewed as individuals who do bad things because that's the only part of their identity being publicized. This behavior tends to encourage re-offense by shutting off many of the legitimate options society has to offer but refuses to because it views the individuals merely criminals.

Personal reform seems to be, on the whole, a better goal for imprisonment because it tries to figure out why criminals commit the crimes they do and focuses on helping criminals scare or threaten the criminals Combining deterrence away from re-offense like the

Imprisonment as a chance for have of sustaining themselves. realistic means for doing so.

The other advantage personal reform is it looks at former prisoners not in an excessively negative light as the deterrence system does, instead worries reintegrating them into society after they are released. This means that they will be more likely to find a job and attain acceptance into whatever community they settle down in after leaving prison. Reintegration of that kind would connect the ex-convicts more to the community they are living in, making further criminal behavior less likely.

When it comes down to it, what should dictate prison policy in the United States is what produces the best results in lowering the crime rate and preventing re-offense. deterrence can be effective in preventing some crime, it seems to me that it should not be the sole focus of the prison system because it doesn't deal with crimes that the perpetrators view as necessary or unavoidable for supporting themselves. I think the best thing to do would be to equally emphasize personal can once again be issues that regular offenders have personal reform would appear to other two methods do, but instead cover more bases and do more to tries to encourage them to better help prevent re-offense than just themselves and gives them a system based on deterrence.

The Juniatian

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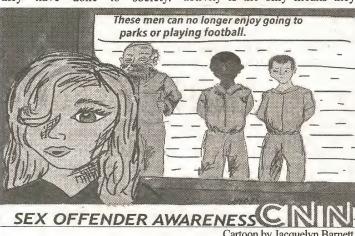
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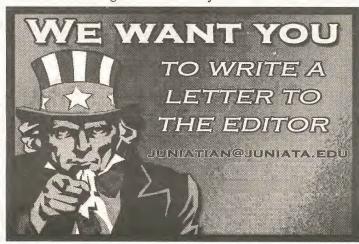
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Top 5 music festivals



When making the list of things you want your summer to include going to a music festival is a fun one to add. Music festivals can be defined as events that last two or more days where performances by multiple bands occur at the same venue. People pay one price to experience a variety of music in one event, usually taking place outdoors during the summer.

The type of music played varies between festivals. However, Woodstock is a classic example of the kind of atmosphere you can expect to experience at a music festival. Lots of music, a large crowd of people and camping vagabonds who are there for one thing and one thing only: the music.

Music festivals might seem expensive, but if you save up and travel to one with a bunch of your friends, it's a road trip as well as a great way to hear a bunch of really great tunes.

Now while this may sound fine and dandy, you might be puzzled as to where they are held and which one to choose. Well, I'm here to help with a list of the top five summer music festivals in the U.S. for 2013.

On the bill we have Coachella, Lollapalooza, Austin City Limits, Bonnaroo and Mountain Jam. Coachella is a great one to start out if this would be your first festival, and if you live on the West Coast. It is located in Indio, California and runs this year from April 12-14 and 19-21. It is a two-weekend festival and is located in the desert. The lineup this year is posted already and some of the headliners are The Postal Service, LA Roux, Franz Ferdinand, The Xx, The Lumineers, The Yeah Yeah Yeahs and Vampire Weekend.

This is a small combination of the much longer list of bands and performers that will be at the festival this year.

The philosophy behind Coachella is a mixing of well-known bands with up-and-coming new ones, as well as lesser-known bands that are just starting to get some publicity. It's a worthwhile investment if you have ever wanted to travel out west and see the sights. Might as well join some of the locals and head to Coachella and experience a music festival, west coast style.

Next up we have an East Coast favorite-Lollapalooza. This festival is located in Chicago, Ill. and runs Aug. 2-4. This is a big one with large crowds and multiple stages, and gets lots of coverage through the media.

It is a well-documented and established festival where fun and good times are had by all. Chicago is fairly easy to get to if you live on the East Coast and only about just shy of 10 hours to travel by car.

The long car ride with friends to get to the prize- Lollapaloozais all part of the adventure if you ask any festival-goer. The lineup this year is speculated to include

acts such as Mackelmore, Phoenix, Queens of The Stone Age and Vampire Weekend. The official 2013 Lollapalooza lineup has not been released to the public but keep an eye out- it will be within the next week.

So Chicago isn't your style, and Coachella is too far to travel or you happen to dislike the desert? Not a problem -how about Austin, Texas?

The Austin City Limits Music Festival occurs every Sept. and, like the PBS show of the same name, they host a variety of live music entertainment. Austin City Limits is the longest running music television program and broadcasts live performance every week highlighting one band.

The festival was spurred from this program, and now people can experience live music as it was intended. While the lineup for this year has not yet been announced, headliners of the past include M. Ward, Delta Spirit, Jack White, The Black Keys, Neil Young, Red Hot Chili Peppers and Kishi Bashi.

The next festival on the list is Bonnaroo. This festival takes place in Manchester, Tenn. and is known for its environmentally friendly atmosphere. It's a festival that advocates for green and using sustainable energy, and is a front-runner in environmentally conscious music festivals. It is a pretty big venue and appeals across the music genre board to fans of hip-hop, jazz, folk, rock, pop, country and even some comedy. It has a little something for everyone to enjoy. The festival takes place June 13-16 in the great outdoors of Tennessee.

Last we have Mountain Jam, which takes place in Hunter Mountain, N.Y. This is a classic jam band kind of festival. Jam bands fit into a genre of music known for being derived from the music of the 1960s influenced by The Grateful Dead.

The Grateful Dead are very well-known in the music world for being the headliners for the genre psychedelic rock. This style of music is a combination of lyrics and storytelling coupled with instrumental breaks that last more than five minutes in the middle of the song, which ultimately is improvised.

Mountain Jam tailors to the jam band crowd, the hippies and dead heads of decades past, while maintaining a broad enough spectrum to include the current generation's versions of bands that emulate that cult following of the past.

It is located in the beautiful upstate N.Y. where you can find over 15,000 people camping and jamming out in the early days of June. The festival takes place June 6-9 and is an experience reminiscent of the music generation of four decades ago, when music festivals first began.

Summer is a time for fun, letting go, camping and being free. So why not try to experience something so wonderful as live music to shake things up for a few days in your long summer.

I can almost guarantee that it will be an experience you will never forget from the days of your youth, and in the words of Bob Dylan, "may you stay forever young."

Kung fu films influence the Wu



Over the break, I was at my father's house, the resting place of much of my CD collection from high school, much of which deserves to be put to rest.

On a lark I decided to grab all of my Wu-Tang Clan related albums as soundtrack for the extensive driving I would be doing around Pennsylvania. So, as I ventured from one suburban locale to another, I immersed myself and whoever rode with me in the urban tales and unparalleled braggadocio of Shaolin's finest.

The Wu-Tang Clan has intrigued many of their fans with their stellar beats and honest-to-god lyrical virtuosity. When you do the knowledge on the Staten Island nonet, you see they combine multiple elements and interests to create a comprehensive one. These interests include chess, drug trafficking, the Five-Percent Nation and kungfu films. It is easy to overlook, but '70s and '80s kung fu and samurai films play a prominent part in their music, from the names of their albums to the "noms de guerre" of their members.

Many people are surprised when they find out I'm a Wu-Tang devotee, but when one realizes how unabashedly geeky many of their points of reference are, it makes perfect sense.

The first place to start if interested in taking your fandom to fanaticism are the films of Shaw Brothers Studios, a Hong Kong-based production house that churned out vaguely philosophical, highly-violent kung fu flicks. As teenagers, the RZA, producer of the Clan and star/writer/director of last year's nostalgic kung fu revival "The Man with the Iron Fists," and his cousin Ol' Dirty Bastard stumbled upon these films and a lifelong interest was born.

The Shaw Brothers produced movies like "The 36th Chamber of Shaolin," "Return to the 36th Chamber," "8 Diagram Pole Fighters" and "The Mystery of Chessboxing," among many others. Many of these titles were later re-appropriated as either album or song titles by the group.

Beyond that, the names from some Shaw films were also lifted from and creatively applied to several members of the nascent rap group. Clifford Smith was dubbed Method Man by the RZA after the 1979 film "Method Man," a moniker that gelled well with other slang meanings of the word "method."

Ghostface Killah takes his intensely visual name from the masked villain in "The Mystery of Chess Boxing," a name that resulted in the urban legend that he wore a mask when the group started because he was a wanted man. In actuality, he just thought it looked cool, though his criminal record does, in fact, exceed that of many

of his hip-hop peers.

The Elgin Turner, the oft-forgotten Masta Killa, took the name from an alternate title to "The 36th Chamber of Shaolin." Ol' Dirty's name stems from a film called "Old Dirty & the Bastard."

When it comes to the films themselves, many hold up surprisingly well, all things considered. "The 36th Chamber of Shaolin" is probably the best starting point for '70s kung fu movies. It contains hoards of the action, feats of strength and vaguely Buddhist philosophy that endeared this sub-genre to the Wu-Tang Clan. It takes place in 18th century China following the Manchu invasion and follows a young man who becomes a Shaolin monk in order to get revenge on the invaders who killed his family. Most Shaw Brothers films have these kinds of archetypal stories; the strength of the films lie in their training montages and fight scenes.

"The Mystery of Chessboxing," inspiration for the Wu-Tang track "Da Mystery of Chessboxing" and, in some convoluted way, the strangesport of chessboxing, is another good starting point. Again, a young boy trains in kung fu in order to avenge the death of his father, this time at the hands of The Ghost-Faced Killer, an assassin who leaves an engraving of a ghost as his calling card. The movie doesn't give much else in terms of plot, but why bother.

These films and many more are currently available on YouTube for streaming.

Don't put classic literature away



Classic literature.

You probably shuddered and started to put the paper down. Admit it. Why are we still reading those 200 year old books for high school English, especially since their English is pretty outdated by this point? I'm pretty sure that the real symbolism of the green light in "The Great Gatsby" was actually a ploy by F. Scott Fitzgerald to confuse students who read the book years later. And you do know Charles Dickens was getting paid per chapter, right? So yes, he did deliberately write his books to be long and complicated. Your theories were all true.

But what if these books were presented to you in a different light? Not in class to be picked apart and analyzed, but just to be read and enjoyed for fun?

Well, some would still be boring or hard to read or both. That's what I was expecting when my dad loaned me his copy of Alexandre Dumas's "The Three Musketeers." I mostly accepted it out of politeness, and some vague curiosity as to how this gigantic novel related to the Disney cartoon I remembered watching as a kid.

"Okay," I thought as I opened the book, "let's see how long these French guys sit around and talk before I get frustrated with the hundred-word sentences and put it away."

Seven hours and 704 pages later, it had become one of my favorite books.

Now I just have to convince you all that I'm being serious.

So what is "The Three Musketeers" about, other than Disney characters proclaiming "All for one and one for all!" in silly outfits? It's actually a historical novel-no, wait, come back! You don't need to know much history other than that it's set in 17th century France, when there was a lot of rivalry going on between the followers of the king and those of Cardinal Richelieu, the head of the church. The Musketeers were part of the king's guard and were constantly getting into fights with the Cardinal's guard.

Our main character is a hotheaded young man named d'Artagnan, who heads off to Paris to join the Musketeers. On his first day there he ends up challenging three Musketeers to duels all within half an hour of each other, culminating in a great scene where they all start arguing who will be fighting him first. Eventually they all team up to beat up the Cardinal's guards, and by the end of the day d'Artagnan is fast friends with the titular Three Musketeers: Athos, Porthos and Aramis.

After that, the main plot slowly begins to unfold through a series of adventures as d'Artagnan and the three Musketeers constantly foil Richelieu's evil plans to discredit the royal family. First it's a race to England to recover Queen Anne's diamonds from the Duke of Buckingham; then, they have to stop the schemes of the sinister Milady de Winter- one of my fa-

vorite literary villains of all time. In the end, d'Artagnan must prove himself a true Musketeer as all of his abilities, and his friendships, are tested.

If you're looking for something exciting to read, "The Three Musketeers" has it all: dashing men with swords, beautiful women, femme fatales, true love, duels, revenge, murder, betrayal, poison, escape, disguise... the list goes on. It has action, romance and suspense in sensationalist quantities, making it the type of story you'll either wholeheartedly enjoy or quickly become frustrated with. No surprise where I ended up, considering I read the whole book in just about one sitting.

Now, I know it may be daunting to some people, including myself, to start such an old and gigantic book, especially one that was originally in French. That's why I want to talk about the edition I specifically own: Richard Pevear's 2006 translation from Penguin Classics. This is the best book translation I've ever seen. It uses clear language that is easy and enjoyable to read, and provides a dictionary at the beginning to explain the French words of the period that are used. Best of all, the front cover has a comic which tells the reader all they need to know about d'Artagnan, and the inset lists the main cast of characters, including pictures, which you can flip back to if you're confused as to who someone is.

This is a worderful, fun, exciting book- just the sort of thing that I love to read. Sorry Dad, you were right. Old books can actually be pretty cool.

With books in hand, Sowell starts family in unfamiliar land



A parent will tell you that raising a child is one of life's greatest journeys.

A traveler will tell you that their journey begins every time they pack their suitcase. Graduate students would say that their dissertation is an extreme journey. Dr. David Sowell tells a unique story about tackling these three journeys all at once.

In 1973, Sowell, then an undergrad, was planning a bike tour of Europe with a friend. Their plans for a tour fell through, and on a whim, he joined a friend in Colombia for six weeks, even though he did not know any Spanish. Throughout his education, Sowell had many more opportunities to return to Colombia and became interested in artisans in Latin American culture.

"The women had cooperatives involving the use of hand looms. They did their own spinning of thread and marketed it collectively," Sowell explains the weaving town of Cerrito, Colombia. "I had never seen artisan work like that before."

After his interest in labor and artisanship finally mounted in 1983, Sowell applied for funding for a dissertation. The following year, he and his wife Chris relocated to Bogotá, Colombia to carry out his research. This alone is quite adven-



PHOTO COURTESY OF DR. DAVID SOWELL

Dr. David Sowell and his six-month-old daughter, Emily, during their stay in Bogota, Colombia.

turous. What makes Sowell's journey unique, however, is that there was a five-month-old bundle of joy in tow.

"It was fun," Sowell said. "We didn't know what we were doing, and we certainly didn't realize what it was like to live at nine thousand feet with a newborn in a new land. But it worked out well. We learned a lot about how Colombians respond to raising an infant."

I imagine a young husband and wife struggling to raise their first baby in a foreign country and their non-native language. The image conjured in my head is a semi-heroic one of the pair facing challenges that would seem to be the ultimate struggle for most parents. Dr. Sowell doesn't allow me to keep this vision for long.

"Sometimes the normal things of raising a kid are emotionally overwhelming. Raising a kid in a different language and culture was sometimes hard. But we did it," he said, adding simply, "New families do that."

Another family Sowell encountered in Bogotá did not have it so easy. "One woman came around. Her name was Cecilia. She lived in what we would think of as a squatter community," he said.

The squatter community came to be after a land invasion, in which homeless citizens settled down on land owned by the city. The inhabitants there lived in makeshift houses with no running water or sewer, and pirated electricity from the city's power lines.

The Sowells grew to know Cecilia and her three children quite

well over the 10 months they lived in Bogotá. I optimistically ask Dr. Sowell for an update on the family, but am let down by the news.

"Her oldest boy ended up leaving her house and living as a street urchin, and one of her daughters was off and on in the streets, no doubt prostituting herself," Sowell said.

I'm sure that interactions with Cecilia and her family must have shaped Dr. Sowell's relationship with his daughter. He quickly corrects me again.

"I don't think it affected our relationship with Emily," he said. "What it did was highlight differences, because things we would throw away, for people like Cecilia that was their livelihood."

What Dr. Sowell is referring to is the livelihood of recycling of discarded trash.

"When you put out your garbage in plastic bags, we quickly learned that you don't tie the tops on it, because what happens is people go around and recycle functionally," he explains. "When it was over with, the only thing left in your bag was banana peels and organic recycling that can't be sold for money."

With this, we begin reaching the part of our conversation that I had been pushing on. How exactly did Bogotá help to shape Dr. Sowell today?

As the Sowells traveled back to the U.S. just in time for Halloween and Thanksgiving, it became evident that their experiences in Bogotá would affect certain aspects of their lives.

"We were overwhelmed by the material differences – the throw

away," Sowell said. "[Halloween and Thanksgiving] are both extraordinarily extravagant displays of materialism ... you don't realize how much we have and how normal a part it is of our lives. And most of it we don't need."

As for how Dr. Sowell and his wife confronted this unease about American materialism, he said, "It's been about choices. Chris and I live a very comfortable life, but we haven't sought to buy a highend house. We keep our mortgage rates down. We keep cars a lot longer. We don't live like misers or paupers, but it has shaped a series of choices we've made."

Dr. Sowell also reports that his experiences in Colombia have helped to shape his teaching style. Particularly in his Latin American Survey course, Sowell said, "We tend to, as historians, look at the big picture. I do that, but I'm much more interested as well in looking at individual lives. Some are lives of comfort, some are lives of poverty, but all are part of society."

Of the study abroad experience overall, Dr. Sowell said, "I'm a firm believer that study abroad teaches you far more about yourself than it does about wherever you are. Over time you can learn about where you are, but more immediately, you learn about yourself."

As his final line of advice, Dr. Sowell said, "Be open to where decisions take you, because, particularly students now, are way more driven by objectives than students of the 70's were. Take some time to experience things and let those experiences shape where you go. Be open to that."

WWII book analyzes combat firsthand

By Lauren Lesser

Juniata's history department is acknowledging the work of alum Jesse Glenn Gray, the author of "The Warriors: Reflections on Men in Battle," in hopes of making students aware of the philosophical and historical lessons the book holds. The book is a candidate for this year's summer reading program.

This book is a product of Gray's own experiences in the army. Gray immediately entered the army as a private in 1941 after obtaining his Ph.D. from Columbia University. After being discharged, Gray compiled this book in an effort to examine the impact of war and why soldiers act the way they do.

"What's really great about it is the universality of this book," said David Hsiung, the Charles and Shirley Knox professor of history. "Gray's ideas would apply to the things we read about in the news. He's writing out of World War II, but I think the Juniata community could benefit from these ideas."

James Tuten, associate professor of history, agrees that the material presented in this book would be useful to students in the Juniata community.

"I think in terms in content of the book, thinking about what it means when a country asks some of its citizens to make war and to act as warriors makes us wrestle with what we're asking of our community," said Tuten. "I think it is worthy on that scale, and it is timely. It is very relevant to this generation and beyond." Hsiung points to one section of the book he finds very interesting, which deals with the appeals of battle.

"I think most of the time you think of combat, you think of horror, the terror, the disgustingness. But [Gray] says there are some appeals of battle which is why veterans, some of those who have experienced the horrors of war the most, are the ones who are the most gung-ho people for more war," said Hsiung.

"I think Juniata students might think of battle and combat as all negative and may not see all these potential appeals," continued Hsiung.

Freshman Megan Barber is motivated to read "The Warriors: Reflections on Men in Battle" because of the important topics discussed in the book.

"I feel like this book will be very interesting to read. It sounds like a great opportunity to learn more about the impact that war has and about the mindset of soldiers. It will have an important impact on the students who read it," said Barber

Junior Rachel Smith was also inspired by the message that this book sends.

"The Warriors: Reflections on Men in Battle,' seems like it will really open my eyes in many aspects of war," said Smith. "Whenever I think of war I do not usually think about the emotional and mental element of it. It would be interesting to read the author's reflection."

Hsiung thinks students will be able to relate different points to

their lives.

"In the last chapter, we see how a slight change in perception may lead to a change in the way we think, which is present in all our lives," said Hsiung. "For big questions like how we're going to end war, suggestions like this could easily be related to our lives."

"While at first I did not see how this book would be relevant to my life, the more I learn about the topic, the more interested I become," said Smith. "I feel Gray was able to put together something that a vast range of people could relate to. It'll be a thought provoking read."

Other Juniata students are not only interested in the book, but the author himself.

"This [would be] a great read because it reaches deep into the author's personal experiences during World War II. Being written by a Juniata alum, this book shows what aspiring authors out of this college are capable of accomplishing," said freshman Derrick Burgess.

Freshman Nicole Jordan also recognized the feat of this author.

"It's really inspiring to me to see a Juniata alum having success to the extent of their work being published," said Jordan. "Reading something that a former Juniata student has published is beneficial to current students because we are able to better understand the values that his work is based on."

Tuten encourages students to commend Gray as a Juniata

▶ see READING page 8

Foreign food for thought



I still remember my first hotdog when I came to the United States. My plane had just landed in Washington, D.C., and I came wandering into the airport, dragging behind me the luggage that was too heavy to carry. Although I had already planned my entire trip minute by minute, I decided to take a detour and head to "Five Guys," as one thing was on my mind. Of course, it was food.

Growing up, I had the privilege of having access to satellite TV and Internet. In today's world that is more than enough to familiarize one with the culture of nearly all parts of the world. However, one doesn't really learn much until one has traveled and experienced what it's like to live like the people of different cultures.

Standing in line to order my hotdog, I had but a faint idea of what this typical American food would be like. Consequently, my thoughts were interrupted by the lady at the register, who motioned to me to come forward. After a quarter of an hour, I was given my hotdog, twice bigger in size than expected, dripping with mustard, overflowing with chili and chopped white onions. An involuntary smile came over my lips as I walked to an empty table with my tray already excited and yet fearful

of how much I would have to open my mouth to take the first bite.

After this experience, I decided to keep my eyes more open so that by the time that I had arrived at Juniata, I'd started to notice not only food itself, but also the different eating habits that went along with it. Upon arriving, there were two articles that I had to read for peerreview in CWS. They were about tipping and eating habits in China. One article was centered around the virtually non-existent tipping system in China and the other article was about significance of chopsticks to Chinese cuisine and the eating sounds to table manners.

After reading these, I realized that perhaps I was not the only international student who had tipped 10 dollars for a pizza delivery before learning to calculate the tip. I also learned to think twice before judging someone for sipping their soup loudly, as it might very well be their way of showing their appreciation for the food.

During spring break, I had the pleasure of being invited by my hotel concierge, Tim, to have dinner with him and his wife Becky at a country-style restaurant. I accepted, and am glad that I did so. I remember being aware of my every little move, to make sure that I was not being disrespectful to the kind elderly couple as they asked me endless questions and looked at me as if I were from another planet. When we had all filled our plates and sat at the table, I picked up my fork, only to carefully put

▶ see FOOD page 8

What turns you on? Tips on how to find your soulmate



Walking through your nearest grocery or convenience store, Wal-Mart, Sheetz, Weis or Giant, take your pick, you humor yourself by picking up the latest edition of "Cosmopolitan" magazine. The cover, featuring an overtly sexy photo of a famous celebrity, has, in blaring large font, tips for turn-ons or sexual activities.

On a whim, you flip through the magazine to see the explicit suggestions Comso offers to inquiring readers. As you continue reading, your mind drifts to your specific attractions. What do you find enticing about the opposite and/or same sex? Why do you have random crushes on Mila Kunis, Denzel Washington or Ryan Gosling? What drives your hormones wanting to approach someone standing in the line at Jitters other than physical appearances?

For this particular subject, many people will have multiple opinions about what they find attractive in others. Some of your friends poke fun at your infatuations, and vice versa. You cannot help that you might find the cashier at Wal-Mart cute.

Just so I am not the cause of an angry riot with pitchforks, I am going to make a general list in what I found many people like in others. I try to stray away from the overdone attractive features. Personally, I do not think that everyone likes big muscles or a small, petite

The list will highlight general traits for attractions. Covering a broad range of features, I hope that I am providing insight into this fascinating subject while remaining tasteful and not too graphic as "Cosmo."

Caution: the following list might not apply to you. If you have any complaints, feel free to write a Letter to the Editor discussing the fallacies with this topic.

Intelligence: I am sure that this is a topic that many of us can agree on. I find someone that can carry on a conversation that does not revolve around a stereotypical subject for college students such as drinking or partying makes that person more attractive. Someone who can explain to me a sequester and why it is important will be more than likely to get a second date from me than someone who can differentiate between alcoholic beverages.

Talent: Let's face it. Talented people are extremely attractive. Telling someone that you play an instrument, participate in a sport or paint beautiful masterpieces becomes instantly more attractive. For myself, I love when someone is talented in a specific skill or field. I find that person intriguing and want to know more. I have a strong attraction to people who are artists, whether visually, musically or through performance. The talent does not have to be huge, but you get the idea. Do not be opposed to going to a Juniata College Choir Concert performance. Maybe someone there will spark your interest.

Manners: Not everyone has courtesy common anymore.

As the saying goes, "chivalry is dead," and some strongly believe that. However, a special person comes your way who remembers to say excuse me and puts the toilet seat down after using the bathroom. I find manners to be crucial especially as college students. After living in a college dorm, my expectations have been lowered for cleanliness from my next romantic partner. So I am amazed when I find someone who is respectable enough to hold open the door on your way to class or say "bless you" when you sneeze. If you are that person, keep it up!

Funny Personality: Laughter is nice after a long day of classes, work and studying. I would like to hang out with a person that can keep me entertained. Some people are going to disagree with me on this, but in my opinion, I feel many people like someone with a funny personality. Humor goes a long way and can make someone think about you twice if you can make them laugh.

Shared Interests: This is probably the one of the main underlying reasons why we are attracted pen over a passion for alternative rock bands or an intense love for Standing Stone Coffee. I would love to meet someone who loves to watch The Simpsons as much as I do and find trashy reality television hilarious. You might find it sexy that your potential partner loves to work out as much as you do or loves to do highrisk activities. You might find someone that loves having light saber battles in the quad as much

Again, the above list is somewhat general. We, all, are unique in our tastes and should not feel ashamed to admit what you like and dislike. Eventually, our attractions might change and shift as we mature. I am remaining open on misadventure to whatever comes my way.

Who knows? I might end up finding someone who likes the outdoors more attractive. While laughing with your friends at one of the bizarre turn-ons found in "Cosmo," remember that someone enjoys that and someday you could end up marrying him or her.

Gray reflects on WWII experience

▶ from READING page 7

alum who has accomplished great things.

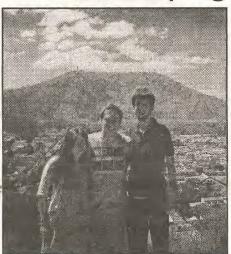
"One reason this book is important is so that we can celebrate a Juniatian who achieved a tremendous amount in his life," said Tuten. "We haven't made as big of a deal of Gray as we could have. I've talked to students that have never heard of him, and I always think that he should be recognized more."

The history department is striving to increase awareness of Gray

on campus in the near future. In the fall, the department hopes to honor Gray in a way that will encourage students to think outside their normal thought process and become immersed in history.

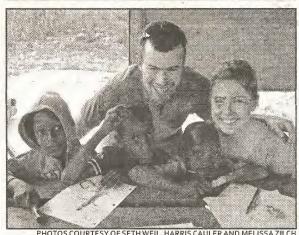
"I think it is a brilliant idea for a whole bunch of reasons. The only way we can honor Gray's work is to be aware of it. The Juniata community in the largest meaning of the term can discover this fellow Juniatian that they may not have known," said Tuten. "It is an opportunity for the campus community to honor one of our own."

Spring Break Trips









Uncovering culture through cuisine

▶ from FOOD page 7

it back down as I suddenly realized that Tim was saying grace. I quietly followed their example and despite being embarrassed for not being prepared, I was glad to have learned from the experience of dining with an American family.

Fortunately at Juniata, table manners aren't an issue when you're an international student searching for comfort food. I wasn't expecting to find my comfort food when I wandered around in Muddy and Baker during my first days. There sure was pizza, noodles, quesadillas, and, of course, burgers that appeal to the majority of the student population. I found subs to be the most customizable and subsequently the most neutral of all foods, and that is how Sub Connection became my automatic destination during mealtime.

It was only a few days ago, however, that while choosing the cheese in my sandwich, I noticed the container of what looked very familiar in a corner of the food counter. It was hummus! I must have looked dangerously excited when I blurted out rather unexpectedly that I would like some of "that" too. Never in my wildest dreams did I expect to find my hometown's signature appetizer in a little town in central Pennsylvania. As it sat staring back at me, I was pretty sure that it was given a different name in America. My enthusiasm doubled when I heard the familiar word pronounced just as I had always heard it back in Dubai by the lady who was making my sandwich. I too, had finally found my match.

As time continues to pass, I become more convinced that food at Juniata is more than just essential nutrition. The different stations in Baker and Muddy represent the diversity on campus.

When you sit at a table to eat with your friends, you are actively engaging in a cross-cultural experience based on the cuisine you have chosen. If you're adventurous and daring enough, you might just come across an inspiring hotdog too.

During spring break, groups of students opted to go on exciting trips instead of simply heading home. Top and bottom left: Members of the Concert Choir went on a journey to Guatemala to perform and see the sights. Bottom right: The Hillel Club sponsored a community service trip to the Dominican Republic. Top right: The Christian Ministry Board also embarked on a community service trip which went down to Florida.



Coaches create unique style of motivating their athletes Focus on the process of improving as a team intensifies throughout the competition

SPORTS

By ABIGAIL ROSENBERGER

Head coaches are faced with the task of keeping their teams competitive, healthy and successful. To be successful in these tasks, each coach develops a coaching style and philosophy that best fits their personality as well as the demands of their sport and players.

Coaches work on developing their personal philosophies from graduate school through their last year of coaching. Even the most effective coaching style was not developed overnight or even in several seasons of coaching.

"The way you're really going to develop it is just by coaching,' said first year swimming head coach Nathaniel Smith. "You can't really read about it and get what you need to get out of it because you don't know how you're going to react to certain situations.'

"I think over the years you encounter people and you take a little of this, a little of that," said football head coach Tim Launtz who is entering into his third year as head coach after being an assistant coach for fifteen years. "Probably everybody I've worked for I've taken a little of their philosophy."

When considering new head coaches and assistant coaches, Athletic Director and men's basketball head coach Greg Curley feels it is important to find a coach that fits Juniata's philosophy.

"The number one thing for me is



Third year head football coach Tim Launtz and wide receiver coach Mike Newton put the team through agility drills during practice. The team started their spring practices on March 21 to begin preparing for next season.

a fit with Juniata and the approach that allows us to be successful here," said Curley. "Head coaching styles and philosophies are more about personalities. There are different personalities and different people but there are a lot of ways to be successful."

To have a unified plan for success, some of Juniata's more experienced coaches have written out their philosophy for their assistant coaches and athletes. Women's soccer head coach Scott McKenzie

gives his players a list of expectations and football coach Launtz has a document containing the expectations and responsibilities he has for his players and coaches.

For coaches to be successful, they must not only understand their coaching philosophy, but they must be able to communicate it to their athletes and gain their trust.

"It all starts at pre-season when you set the tone," said sophomore defender Jenna Rodrigue. "Coach McKenzie gains respect by pushing us to the limits as many minutes of ever day as he can."

"I think the number one thing is being authentic and true to your beliefs and staying consistent," said Curley. "If you do that, there's an integrity to it. Your student athletes trust what you're saying. They don't always have to agree, but at least they know there's a vision and that there's some core principles and you're committed to something."

"I don't talk a lot about the

outcome, I firmly believe, and our kids understand, it's a process. It's goal, plus execution, equals outcome in our program," said Launtz. "By being more concerned about the performance than the outcome, we will achieve that outcome."

"We work really hard to define success not by wins and losses but by how we play," said Curley. "And I think that's something we're really consistent with. We talk a lot about process, not results, and I think we really believe that, and I think, to an extent, that has really rubbed off on the guys."

This philosophy helped Curley lead his team through a one-point loss to Catholic University in the Landmark Championship Game to an ECAC Championship win.

For Launtz, improving as a team is a constant process, which requires not only training hard, but dealing with negative attitudes and using them as motivation to work harder.

"Nothing in life is gained without adversity and one of the things we've had to do is learn how to deal with that adversity," said Launtz. "You can either run away from it, you can run towards it, or you can use it as a force multiplier and we use that adversity as a force multiplier."

"As a coach, it's hard sometimes when you're not successful," said

▶ see PHILOSOPHY page 10

Eagles rally early behind Kszepka New coach has softball team headed in right direction

By STEPH PAGLIARO

With an experienced new head coach and a young group of players, the softball team has started off their season with a positive attitude.

The new head softball coach, Samantha Kszepka, came to Juniata with a strong background in coaching. In 2008, she worked as an assistant coach at Norfolk State University. She then coached at Bucknell University from 2009 through 2012 where she worked with all aspects of the program.

Prior to coaching, Kszepka played softball at William Paterson University. She earned Third Team All-America honors in 2002, as well as New Jersey Athletic Conference (NJAC) Player of the Year.

The skills and knowledge that Coach Kszepka has brought to Juniata are recognized and appreciated by the players. "We are really blessed to have her. I'm excited about what she is going to bring to the program. She has already taken our program to a whole new level," said senior Jennifer Ashcraft.

Some of the girls were nervous. coming into the season with a new Head Coach, but the team is adjusting well. "At the beginning of the season we were all scared. But she came in and really embraced it. She eased us into the change, and it was all positive change," said Ashcraft. "It all went really well and I was impressed with how the team has come together."

Eight games into their season after spring break, the Eagles are currently 2-6. However, they are

maintaining a positive attitude and one of their goals for the season is continued improvement.

"Even though we are 2-6, we have made some really awesome progress with hitting and pitching. Our defense is starting to get there. It's time to really turn it up now as we get into conference play," said coach Kszepka.

The team is fairly young, with three seniors, four juniors, two sophomores and six freshmen. While a young team leads to a bright future, it has been a weakness for the softball team early on.

"Since we are very young, it's going to be a very big learning experience for our team," said Kszepka. "We are going through growing pains and we are going to continue to go through growing pains for the rest of the year.'

Kszepka is not the only one who sees the lack of experience as a weakness. "I would like for us to improve on the silly mistakes that come with inexperience. As the season progresses, those little mistakes will be fixed and the nerves will go away," said senior Paige Robertson.

A major strength the team possesses is their offense. "We hit five home runs over break, four of them in one day. We scored a ton of runs as well," said Kszepka.

The Eagles scored a total of 43 runs in eight games and currently have a batting average of .282. They have a total of 57 hits and an on-base percentage of .350.

Another strength that the head coach noted is their pitching. "We have a very large pitching staff, six pitchers. It really helps to be able to keep teams off balance with having so many pitchers," said Kszepka. "We'll be able to use that to our advantage."

A goal that the team looks toward as they continue their season is to improve from last year. "We would definitely like to improve numbers from last year, batting average, defense and pitching, all around," said Kszepka.

Some of the girls noted that the lack of a full-time coach may have hurt them in the past. "Our coach the past few years was only parttime," said Ashcraft. "I think that may have taken away from the time that he was able to put into the program."

Since Kszepka was brought onto staff as a full-time coach, she is able to spend more time with the program and with recruiting. "It is awesome being able to spend so much time recruiting. I am able to get out on the road, follow up with recruits and have them on campus. It definitely helps to be able to put my full-time in for all of that," said Kszepka.

The team has one huge goal they are focusing on this season. 'Our team goal for this year is to make it to the Landmark Conference Tournament," said Ashcraft. "And I have a strong feeling that with this team and the new coach, we can do it."

Many of the girls agree that Coach Kszepka is a great fit for Juniata. "She is great. She's really opening a lot of new doors and opportunities for the team. She makes us work hard, and it's great," said freshman Alyssa Smith.

Robertson also noted that Ksz-

▶ see SOFTBALL page 11

Basketball claims title Eagles win double overtime thriller

By AAREN SELLERS

For the first time in program history the men's basketball has brought home the Eastern College Athletic Conference, ECAC, championship title. In double overtime, the Eagles defeated No. 1 seed Albright with a final score of 91-80.

"It was a great accomplishment. I think the most significant part of it was just how at this point how frustrated our guys were in losing the Landmark championship game. I'm not sure we all felt that we had the best chance to be successful," said Head Coach Greg Curley. "I think to do it in the nature that we did and then to beat the quality of teams that we did in the end just really speaks to their competitive effort and how bad the guys wanted to be successful."

After losing to No. 11 Catholic University and the Landmark Conference title, Curley and the team were determined to end the season positively.

"We definitely went out on a high note. We ended up losing at the buzzer during the conference championship, which was terrible, but we ended up coming back and winning the ECAC championship and it was a good win to send our seniors out on a good note," said junior guard Jeremy Hays.

Last season the team topped the school record for most wins in a season and turned right back around and did it again this year. There were some obstacles that the team faced though.

"We overcame a lot of stuff. We were able to guard a lot of guys. Our conference was pretty tough

this year. A lot of guys returned and we were able to overcome that," said senior forward Nate Higgins. "Even at practice, a lot of the younger guys contributed and that's something that takes a little bit to figure out. Even if you aren't getting that many minutes, you really have to contribute. I think it was really a team effort this year."

"There's always room for improvement but I mean it's pretty hard to top it. This group came the closest to getting the most out of themselves. The cool part is that I know we can be better," said Curley. "We can keep making other steps. I don't think anyone else had the expectations, other than ourselves, in the beginning of the year and I feel that we got the most out of what we had."

Overcoming small adjustments through out the season and improving what skills the team already had is what made the 2012-2013 season a successful one. Having a lot of experience back again and the ability to help guide the five freshmen added to the squad also helped to develop a strong team.

"We played together. All 15 guys contributed every game. Whether it was setting up the other teams scout or just helping each other out, we did a really nice job of that," said senior guard Alex Raymond. "We learned how to win this year. We didn't know how to do that in the past and I think as the season went on we learned how to win the tough games."

There are other notable improvements that the team made this season. "We were a lot more

▶ see BASKETBALL page 11

Baseball remains optimistic despite slow start to season Team uses Florida games to heat up and get back on track for the conference playoffs

By CHRIS BEALL

During a baseball season, teams can get hot at any time and make a run into playoffs. Since the season is so long, starting off hot is not as important as other sports such as football or basketball. During the early parts of a baseball season, a team tries to figure out everything they can improve on.

"We started the season sort of slow; the fact that our first four games were in the freezing cold didn't help things. When we arrived in Florida we started playing well and have kept up that pace of play," said junior pitcher

Ryan Morrison.

"We have started very slow, it pretty much comes down to performance. We're working very hard during the week to show improvements on the weekend conference games," said junior catcher Dan Gray.

There are a few reasons why teams start off slow and the season does not begin the way that they want it to. Anything could be a factor, from injuries to weather or performance.

"I would say one of the reasons would be the lack of being able to play outside. We started the season off 0-4 against teams that we were certainly able to beat. Practicing in the gym every day helps, but being out on the field provides a better in-game experience," said Morrison.

Even though the team has not started off in the best way, they are keeping a positive attitude and try-



Senior outfielder Ben Mersky stands at the plate against Scranton University. The two teams had a double header on March 17. Mersky went 2-6 for the day with three runs scored. The Eagles fell to Scranton in both contests.

ing to keep improving each day.

"In order to turn things around, we need to keep a positive attitude and stay together as a team. We still have a lot of games left, especially conference games," said junior infielder Brad Medellin.

"We split a double header with Moravian, who was picked first in the conference, so we'll use that as momentum and go from there. We can play with any team in the conference and so far we've had nothing but close games against conference opponents," said Gray.

The members of the base-

ball team know the importance of trying to fix their problems and get the season rolling along. Even though they are currently 4-12, the team still believes they can turn it around and make the conference playoffs.

"I think the season is more a marathon than a sprint, so we have to turn in on at the right time and not wait too much longer, I really think you'll see us in the playoffs because we have the talent to make it, we just aren't performing," said Grav.

"Well we need to execute on the

simple aspects of the game such as throwing strikes, knowing the situation within the game, etc. Executing the fundamentals wins games," said Morrison.

Despite the team not starting so well, the team does have players that are performing at a high caliber.

"As far as performers so far, I am very impressed with Cole Walters offensively and Mario DeYulis's pitching efforts. Cole has done very well with the bat and Mario has been one of our most consistent players on the mound,"

"I would have to say that Chris Fulton and Mario DeYulis have been our best players in terms of pitching. They stepped up so far this year, providing us with innings and putting us in position to win the game," said Morrison.

The guys on the team know what they need to do in order to turn it around. They are keeping a level head and know the importance of trying to get the ball moving in order to turn the season around. They have a mission and they are going after it.

"It's simple, in order to win a conference title we need to win conference games. Winning conference games gets you into the dance which is our goal,. Once you're in, it's just playing baseball from there," said Morrison.

"In order to win the conference title, our team needs to develop that killer instinct. We have been in most games, and have not finished them. We lost two extra innings games that we should have won, and if we did our record would be 5-8," said Medellin.

"In baseball you can be as emotionally invested in a game as possible, but we can't use that and strap on a helmet and march down the field five yards at a time. It all comes down to game day performance. I see us making steps in the right direction already, and I'm not telling anyone how to spend their money but I'd bet you'll see us in the playoffs," said Gray.

Relationships built are more important than winning and losing

▶ from PHILOSOPHY page 9

Curley. "It just takes experience and some confidence to stick to your guns and stay with what you believe in and understand that no one around you has put in as much work or understands as much about where you're going as

As coaches transfer from one season to the next, they make adjustments to their coaching style in order to accommodate the new team.

"There have been times where I have really had to lead my team very little because they got it," said field hockey head coach Caroline Gillich. "They all bought into it and everything went very smoothly without me interjecting and then there's times when they're not getting it and they're not figuring it out themselves and you have to step in."

"A coach who isn't flexible to the kids that he has, in my mind, isn't going to be successful," said tennis head coach Jason Cohen.

Coach Launtz believes the coaches set the tempo for the team. "We can never expect our players to always generate the energy. We have to be the driving force," said Launtz.

Other coaches expect their players to be motivated to improve on their own. Smith believes an athlete develops intrinsic motivation when they see their potential.

"Once people know what they could accomplish, they start to hold themselves to a higher standard," said Smith. "When you start holding yourself to a higher standard you start accomplishing more and then you hold yourself to a higher standard. When it's working well, people can make huge improvements, more than they originally thought they could."

In order to be able to perform well, Launtz believes it is important for his players to understand their responsibility to the team and accept the training.

"This is their football team," said Launtz. "They have that responsibility and accountability to what goes on. We do not treat our players as kids, we treat them like men. We make sure our players understand they are respected and they are coached."

"Sometimes it's the biggest problem when there isn't respect for the coach," said sophomore freestyle swimmer and soccer defender Shayna King.

King believes listening to their athletes helps a coach gain respect. "We discuss things as a team before we necessarily go ahead with them. We're currently deciding whether we want to do a dry season or not. We're evaluating how our last season went," said King.

Aside from coaching and earning respect from the team as a whole, coaches must understand how to support their players as individuals. Coaches agree that in order to coach effectively they must treat each athlete based upon their personality and ability while maintaining their general philosophy.

"When you come in as freshmen we try to put as little pressure on you as possible. We try to learn where you're at, figure you out and how you work with the team," said Gillich. "As you get older, there's going to be more responsibilities and more things that fall on your shoulders."

Everyone in our program is treated fairly, not everyone is treated the same," said Launtz. "Some people say that's not right. Yes it is. If we treat everyone the same, then we're not treating them as individuals, we're viewing them as objects.'

For coaches of sports where individuals compete separately pay even greater attention to treating their athletes as individuals.

'Coach Cutright lets you know that you can be good if you just do the work," said senior middistance runner Ryan Trexler, "and he lets you know that his plan is specifically designed for you. He puts a lot of effort into individual training plans."

Regardless of the outcome, coaches aim to help their athletes improve not only on the field but as a person.

"You can win as many games as you want," said Curley, "but what really makes a difference is how you see each other in twenty years and how you responded to the circumstances and the kind of relationships you build."



Former Juniata student succeeds as NBA head coach Frank Vogel leads Indiana Pacers back to the playoffs for third consecutive season

By DIMITRI Ross

Juniata College prepares all of its students to go on to do great things. Frank Vogel, who attended Juniata from 1991 to 1994, is no exception and has thrived as the Indiana Pacers head coach in the

Since Vogel took over as the Pacers coach they have a record of 105-68 compared to a record of 121-169 in the four years prior. He has also taken the Pacers to the playoffs twice in the past two years and is on his way to doing so again this season. The Indiana Pacers currently have a record of 43-27 and are leading the Central Division. They are seen as one of few teams who have a chance to dethrone the reigning champion, the Miami Heat. The Juniata community is excited to see one of their own flourishing on such a

"It's good to see someone from JC doing big things. A lot of people have never heard of our school so I think he brings some good publicity," said freshman Erik Ragusa.

"I think his story shows that it is just as possible to make it from a small school as it is from a big school. He proves that if you work at something hard enough you drastically improve your chances of achieving it," said junior Kevin Snyder.

While Vogel has done a great job turning the team around, he has remained as humble as he was upon receiving the job. When he was introduced as the coach in 2011, he called the opportunity "bittersweet" because of the circumstances under which he received the job. He got the job when longtime friend Jim O'Brien was fired as Pacers coach. Vogel said he saw O'Brien as a father figure, so it was a sad day but an exciting one at the same time because of the opportunity he was given.

Prior to making the big leagues, Vogel was a player on Juniata's men's basketball team from 1991 to 1994. Following his junior season he would look to begin pursuing a coaching career. He transferred to the University of Kentucky to become their student manager from 1994 to 1996. While managing the team he was able to pick up many tips from Rick Pitino who was Kentucky's coach at the time.

When Pitino was given the Boston Celtics coaching job in 1997, Vogel and Kentucky assistant coach Jim O'Brien were asked to accompany him to the Celtics bench. Following that stint, Vogel would become an assistant coach for the Philadelphia 76ers in 2004 and an advanced scout for the Los Angeles Lakers the following year

Jim O'Brien was then given the Pacers head coaching job and he invited Vogel on board. In 2011, when O'Brien was fired, Vogel finally got his shot to be a head coach and he has not-looked back since. His long road to his goal has inspired many.

"His story shows that sometimes you have to just go for it. If you do not attempt to follow your dream then you will never be able to get it. It also shows the reality of how tough it is once you go for it too," said Ragusa.

"It is inspiring. While you are in college it is tough to think that some day all of the work you are putting in will be worth it, but Vogel's story shows that it can happen," said sophomore Alex Mace.

With the regular season winding down, the Pacers are gearing up for the playoffs. Vogel will have the support of many excited Juniata students as the team looks to make a deep playoff run.

"I am not really a Pacers fan, but it is cool that Coach Vogel went to JC, so it would be exciting to see his team do well this year. I will definitely be cheering them on," said Snyder.

I think Coach Vogel has been a great representative of Juniata so far. He carries himself with class, but is top notch at what he does and I feel like JC breeds those characteristics. I can't wait to watch the Pacers in the playoffs and I hope Vogel continues to have great success in the NBA," said Mace.

Women's basketball season comes to an end Head coach Young-Uhrich and senior Speck lead young team to ECAC

By JARRETT LEVESH

The past five months the Juniata Eagles women's basketball team has been hard at work. They have pushed themselves day in and day out, striving to reach their goals.

Trained by Coach Danny Young-Uhrich, and led by the sole senior Jordan Speck, Juniata ended their season with a 19-9 record. However the Eagles did not stop there, as they were able to lengthen their season by qualifying for the Eastern-College Athletic Conference.

"We had a new team this year, with new challenges and a very competitive league, so I think that nineteen wins is pretty good for us," said Young-Uhrich who has coached the Juniata girl's basketball team for the past ten seasons.

"Although we didn't get all the accomplishments we wanted, we worked well as a team and the season went pretty well," said Speck. Both Speck and Young-Uhrich agreed that although not all goals were met, the season as a whole was a successful one.

The ability of the girls to work as one unit instead of individuals greatly increased their possibilities of success this season. "Its not just one individual out there that runs the team, we pride ourselves on working together," said Speck. "We will always make that extra pass when needed."

Adding to the exemplary teamwork of the Eagles was their ability to shoot at a high percentage on the court. "We shot the ball very well, everybody on the team was a great shooter and could blow up on any given night," said

"We had at least four shooters on the floor at all times," said junior Jordan Hileman, Hileman believes the teams' shooting ability was their strongest weapon.

Young-Uhrich.

Throughout the season, the girls improved more and more on the defensive end of the floor. However, at some points they found it to be a weakness. "We were offense-minded. Many of us were more set on scoring more points than our opponent rather than outplaying them on defense," said Hileman.

"We need more rebounds. Rebounding is an extension of winning a defensive play and we need to do a better job with that," said Young-Uhrich.

Although the Eagles were not able to win a tournament this year, they did succeed in extending their season to make it to the ECAC, which is an accomplishment in itself. "Not everybody gets to continue their season, so I would say our biggest success was making it to the ECAC," said Speck.

The girls had their work cut out for them from the beginning of the season. Ending with only 11 girls total, eight of them being sophomores or freshmen, the team was not only small, but also young. "We really had to fight for all our successes," said Young-Uhrich.

In the beginning, many doubted the team. "We had a lot of adversity to overcome," said Hileman. After 1000-point scorer Ashton Bankos graduated last year, some were worried. "Many thought when we lost Ashton we wouldn't be able to do anything, but going out and winning 19 games proved that we could do it," said Hileman.

By the end of the season only one senior remained on the team. "At times it was hard being the only one who understood what it was like to be a senior on the team," said Speck. "Sometimes it seemed everyone was looking

Being the only senior on the team may have been a difficult task at times, but Speck handled it very well and with great success. She ended the season with 311 points, with a season high of 29 points against Carnegie Mellon. "Jordan had a heck of a season and helped us out tremendously this year," said Young-Uhrich.

Speck will greatly miss the camaraderie and familial bond of her team. "The part I'm going to miss the most is being part of a team. I have a team full of girls that at any time of any day would have my back for anything," said Speck. "They are like my sisters."

After graduating from Ju-

niata, Speck plans on pursuing her career as an educator. "I'm hoping to go to Fairfax, Virginia and find a job as a teacher," said Speck.

As for the women's basketball team, Young-Uhrich is excited for the Eagles' next season and the opportunities to come. "We have a good core returning and we know the areas that we need to work on," said Young-Uhrich.

Young-Uhrich also believes that she has an abundance of talent on her team for next season and plans to utilize it. "They all can play, so I'm going to have a rotating starting lineup," said Young-Uhrich. "I believe it will keep us focused and energized for the whole year."

The team has tremendously high ambition for their upcoming season. They plan to go above and beyond the expectations. "They are going to be hungry. Their goals are lofty. They don't want to just make it to the NCAAs, they want to get to the third round," said Young-

"We would like to be a more dominant force in the conference next season," said Hileman, "also to play the same way whether we are playing the best team in the conference or the worst team."

"I want to make sure every day next year we are competing in a way that's healthy for a team to get better. That's probably my biggest thing, always looking for a way to get better," said Young-Uhrich.

ECAC champs

▶ from BASKETBALL page 9

consistent than last year. Our rebounding improved a lot from last year and overall, our defense was better in terms of shutting down other teams' primary scorers," said junior guard Kevin Stapleton.

"I think we played hard from start to finish, I don't think there was any game that we didn't come out ready and focused to compete. I think any time you do that you give yourself a chance," said Curley. "I felt that we were a really good team. Our guys sacrificed for each other, accepted whatever role was necessary and focused on winning. That's a really good mix when you have some talent."

The Eagles are only losing two seniors from this year's roster. Three starters and two top-leading scorers will be returning for the 2013-2014 season. Overall there is a lot of experience coming back.

"On paper we have a lot of players back but we still will have two huge voids to fill. Those guys were our emotional leaders and team leaders and brought us some toughness," said Curley. "We need to redefine ourselves a little bit and adjust to play a little bit differently with the players that we have and that's going to be a process and we're going to have to be on top of it."

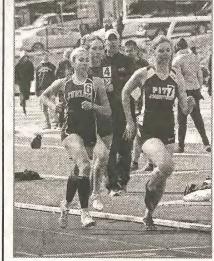
Ending the season with a record of 21-9 and making program history for the second year in a row, the Eagles have had another great season.

Swing away

▶ from SOFTBALL page 9

epka is a positive improvement for the program. "She's intense and it's what the program definitely needed. She cares a lot and she shows it. Her passion for the game motivates us all."

Not only has Kszepka done great things for the team, but the team has done great things for her. "The girls have been absolutely awesome and welcomed me with open arms. They are really adapting well and embracing my style," said Kszepka. "The team is my favorite part of this job. I told them since day one that this is my family; this is my life-line. This is why I'm here."





Track Meet





RACHEL MURPHY AND STEPHEN NOLAN / JUNIATIAN

Freshman Jecenia Duran (left) and junior Matt Blank (right) compete for the Eagles. The Juniata Invitational was held on Saturday, March 23 at Knox Stadium. The team finished the day with 12 top three finishes and won four events. The Eagles' next competition is at the Susquehanna Invitational.

Dear Wizard,

Lately my roommate and I have been fighting like cats and dogs. I cannot seem to do anything right, and I don't think that I am doing anything wrong. This is has gone far enough, and I really need your help. How can I be a better roommate?

Bothered Bunkmate

Dear Bothered Bunkmate,

I'm glad that you have contacted me. It is hard to share a living space with anybody. I have some simple tricks that can help bring together even the worst of enemies. One of the biggest things you must never do is directly talk to your roommate about what the problem is. If you do, you run the risk of irritating your roommate even more because you brought up a sore subject. Plus, if your roommate doesn't sense a problem, you will seem paranoid. Nobody wants to live with a crazy person.

If that doesn't work, make sure to do nice things for your roommate. Try to seem like you're making an effort to be friends by sitting or lying down in your roommate's bed. This will help your roommate understand that you want to be close. They say hugs that last 20 seconds help build deep trust, so always try to hug them hello and goodbye for at least 30.

My final piece of advice, if all else fails, would be to just move out. You've tried your best, so you should just leave. I hope my advice will do you well in the future.

Shopping With My Girlfriend

By Jonah Ruggiero

Your friendly Advice Wizard

JC Edition: Skipping Class By Kunal Atit

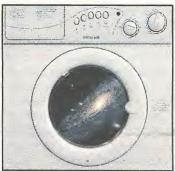
Now that the weather is warming up class seems like more and more of a nuisance. So I thought I would do us all a favor and think of the 10 best excuses to use when you um "can't" go to class.



Dr. Hark hit me with his moped.



Morgan Freeman died.



I lost my motivation ... along with my socks ... in the washing machine.



I was helping TKep pack his boxes.



I got lost in Dr. Unger's eyes.



Rand Paul was filibustering.



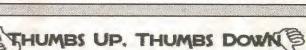
The clock tower was off by an hour.



It's a federal holiday.



There was a marathon of Law and Order: SVU on.





Thumbs down to the thumbs up that should have been a thumbs down. Wait, what?



Thumbs down to Juniata tuition increasing by 50% next year.



Thumbs up to April Fools'! Gotcha!



Juniata College student newspaper, est. 1924 Volume 94, Issue 9

Report - Print - React

Huntingdon, PA

THURSDAY, APRIL 11, 2013

Stranded high and dry: discrepancies in study abroad Students emphasize disconnect between Juniata's program and foreign institutions

WWW.JUNIATIAN.COM

By Lauren Liacouras

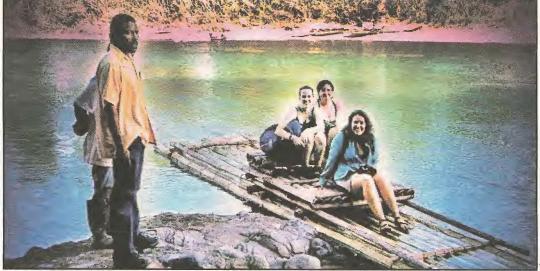
Of Juniata's undergraduate student body, 60 percent of students study abroad. While students count numerous benefits in the experience, some claim to encounter frequent, sometimes severe problems throughout their experiences.

"It was bound to fail somewhere," said Hillary King, who studied in Marburg, Germany in the fall 2012 semester.

'We were told by Betsy [Valasko] there would be a \$150 fee that we would have to pay in cash," said King, "but when we got there the fees just kept coming, which ended up totaling just under \$1,050. That was when I first started freaking out." This inconvenience marked the first of many issues King said that she faced throughout the semester.

Betsy Valasko, the international education advisor for the study abroad office, is in charge of coordinating many aspects of the study abroad program at Juniata.

"My job is the advising of students on study abroad options, the process of getting them ready, helping them while they are already abroad, and when they get back, organizing activities to



Junior Maggie Burkett enjoyed her SEA semester, but was frustrated that her credits were non-transferrable.

help them reintegrate into Juniata," said Valasko.

One aspect of preparation organized by Valasko is a pre-departure meeting, which is held the semester prior to a given program's beginning. This meeting is meant to inform students about what to expect while at their site. However, some students have found their experiences to be markedly different from what was originally laid out at these meetings.

Junior Paige Williams studied in Seville, Spain this past fall. Williams expected to be fully immersed in Spanish culture in order to better her fluency in the language. However, Williams and other students studying abroad said they were completely isolated from the Spaniards.

"I didn't expect to be in classes with almost exclusively other American students. There were three Canadians and an Australian, and then 99 percent Americans," said Williams. "Our campus had 27 buildings, but we only had classes in the library, in the same classroom. No Spaniards had classes there. We were totally isolated from the rest of the campus."

Williams had been planning to stay in Spain for two semesters, but out of disappointment she returned to the United States after

"I think it should have been

made known that I wasn't going to be able to take classes with the regular university students," said Williams.

Junior Katya Rebman recalled feeling somewhat unprepared and uneasy about departure in the meetings leading up to her 2012 semester in Marburg, Germany.

'We went to all the pre-departure meetings, which seemed very generalized, and a lot of the information we received didn't seem to apply to us," said Rebman. "We never got specific info regarding our program. Over the summer we emailed the international office multiple times. Occasionally we got emails back, but they were for the wrong program. Eventually we just had to go and see what happened."

According to Valasko, the study abroad office is in the process of creating a more intensive learning experience that will go beyond standard pre-departure meetings.

'Our hope in the future is to have every student that goes abroad take a one credit class before they go, do something that will equal one credit while at their site, and when they come back en-

▶ see ABROAD page 3

Junior soon to be Harvard fellow Maul studies stem cells, zebra fish for research

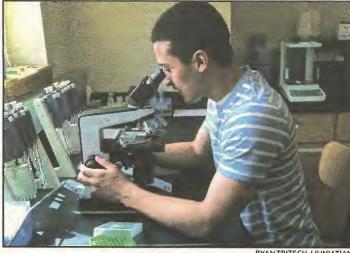
By ALEXIS WAKSMUNSKI

Junior biology student Andrew Maul was awarded a research fellowship for summer 2013 from the Howard Hughes Medical Institute to conduct stem cell research at Harvard University in conjunction with the recent genomics grant.

"It is a phenomenal opportunity to gain experience in the cutting edge field at one of the world's leading institutions," said Maul. "It is kind of humbling, because I didn't expect any of this stuff to happen and now I am just really looking forward to going up there to work with really great researchers and students."

He will be living in Boston on Harvard University's campus and working in the Galloway Lab at Massachusetts General Hospital. Here he will work with Dr. Jenna Galloway to study the effects of stem cells on the regenerative biology of tendons and ligaments

using zebrafish. "I think it is an excellent opportunity because stem cells have for a long time had a stigma about them," said senior Clay Cooper. "I think now that we are moving into more genomics-focused medical systems, we will see a lot more of this research in the future, so



Junior Andrew Maul, a biology student, will be spending the summer at the Howard Hughes Medical Institute and living on Harvard's campus.

I think this is a great time and a great opportunity."

Maul currently works in research lab with Dr. Regina Lamendella, assistant professor of biology. This past fall he participated in a dietary research project that studied the impacts of specific starch diets with insulin resistance. This lab examined how the bacteria in the gut would function.

'Andrew is one of my star researchers," said Dr. Lamendella. "He is not scared by a challenge and that is what makes him an awesome researcher."

"Andrew is a very dedicated student and works very hard in his courses and research in the lab," said junior Mitchell Dunklebarger. "He is very deserving of this fellowship, and this reflects his interest in research."

"I think it would be really great for me as an aspiring physician and scientist to learn about stem cell research now so that I can have a solid foundation," said Maul. "I

▶ see MAUL page 4

Chemistry contraption A \$50,000 mass spectrometer

By ABIGAIL ROSENBERGER

On March 21, the chemistry department received an Electrospray Ionization Mass Spectrometer (ESI-MS) worth over \$50,000. This machine has the potential to benefit professors, research students and classroom teaching alike.

There are currently two gas chromatograph mass spectrometers, or GC-MS units, located in the von Liebig Center for Science, however their capabilities are limited.

"We have other mass spectrometers here, but they're connected with gas chromatographs," said chemistry department Chair Richard Hark. "In order to get a sample introduced into the mass spectrometer, it has to be able to be volatilized. It has to be injected into a gas chromatograph and it has to be able to survive temperatures of 250 degrees Celsius. Many compounds that we make simply cannot be volatilized."

The limitations of the mass spectrometers led to discussions about purchasing new instrumentation so that professors could analyze compounds that cannot be made into gases.

Dr. Tom Fisher was the first

to suggest that the department consider purchasing an ESI-MS when a representative was presenting the product at other

nearby institutions. "Typically a mass spectrometer gives you the mass-to-charge ratio of a compound and that of course would relate to its molecular weight," said Hark. This information allows researchers to determine the molecular formula of a compound.

ESI-MS technology has been around for about 25 years and differs from Juniata's other mass spectrometers because it combines features associated with GC-MS with those of high performance liquid chromatography, or HPLC.

You can hook it up to an HPLC. That would allow you to separate a system that is a mixture and it feeds directly into the mass spec and it gives you information about what it is you're looking at," said Hark. This technique can be used to analyze large molecules and molecules that are too sensitive to be analyzed with GC-MS.

Juniata's model of the machine resembles a large computer tower and can be attached to a laptop's USB port, which allows the ma-

▶ see CHEMISTRY page 5

Students create dialogue for Genocide Awareness week Activities include lunch discussions, Freedom Seder to bring attention to the cause

By Lauren Lesser

Juniata is hosting its annual Genocide Awareness and Action week (GAAW) from April 7-14. This program will include several events on campus in an effort to teach students about genocide.

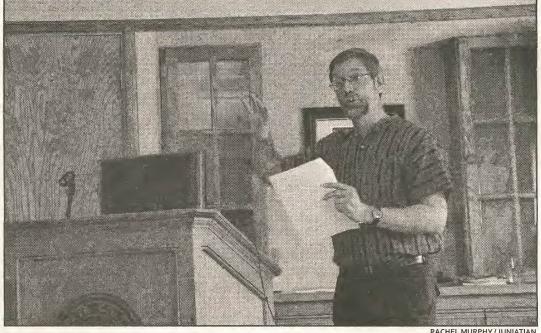
Students involved with GAAW have created a weeklong program that they hope will generate dialogue on campus about the issue. This program is designed to encourage people to take action against future crimes while also sparking interest and awareness about genocides in the past.

Senior Erin Kreischer, a member of the student committee organizing GAAW, identifies the importance of the program.

"I think that one of the purposes of GAAW is to facilitate an important conversation about why previous incidences of genocide have happened and what can be done to prevent them from happening in the future," said Kreischer.

Kreischer suggests several ways students can participate in GAAW.

"There are many ways for students to get involved throughout the week. Students can attend thoughtful documentaries followed by discussion, one lead by a professor and another lead by a holocaust survivor, guest lectures,



Spanish Professor Henry Thurston-Griswald led a lunch discussion about genocide in Guatemala, which focused on the human rights violations that occurred throughout its scorched-earth campaign.

professor lunch lectures, and a Freedom Seder hosted by JC's Hillel," said Kreischer.

On April 7, students will have the opportunity to watch the film Paragraph 175. This documentary reveals a chapter in history that many are not aware of. It tells the story of five of the 100,000 men arrested for homosexuality under

Paragraph 175, the sodomy provision of the German penal code that dates back to 1871.

Dr. Alison Fletcher, associate professor of history, is giving a brief introduction prior to the showing of the documentary. A discussion will follow the event.

"Gender Awareness week is a great way for professors like

Nagengast and Alison Fletcher to get students involved in the subjects they teach, outside of class. Fletcher has already taken the liberty of teaching us about the Armenian genocide," said senior Alex Dintruff.

"I teach about genocide in many of my classes because I believe that a study of genocide helps us

all develop an understanding of the roots and consequences of prejudice, racism, and stereotyping in any society, including our own," said Fletcher.

Fletcher stressed the importance of speaking out against any form of genocide or stereotyping

'[Studying genocide] provides a context for exploring the dangers of remaining silent and indifferent in the face of the oppression of others, in other words, being a bystander," said Fletcher.

Students can also attend a lunch with Professor of Spanish Henry Thurston-Griswold on April 9 to learn and discuss Guatemala and the genocide during the Civil War. Another lunch lecture is offered on April 10 with Dr. Philip Dunwoody, associate professor of psychology. Dunwoody's lecture will focus on the psychological elements of genocide.

Junior Dana Relation is interested in learning more about genocide through the events GAAW is promoting.

"I think this is an important issue and students on campus should be given the opportunity to learn more about it," said Relation. "The events all seem so interesting, and

▶ see GENOCIDE page 7

AWoL and T*PU collaborate to plan Pride Week events Programs reach out to LGBT community members, encouraging mindful discussion

By DYLAN J. STROMAN

This coming Sunday marks the beginning of Juniata's annual Pride Week celebration. Founded by All Ways of Loving, Pride Week marks an effort to reach out to LGBT community members on campus, heartening them to exhibit pride while partaking in various amusing activities around campus.

Pride Week presents an opportunity for non-LGBT students to engage in dialogue with and ultimately come to better understand the current points at issue in the LGBT community.

Senior Corby Hess, president of AWoL, takes a leadership role in planning this event along with his co-president junior Michel'Le

"Everyone in AWoL gets involved. Boot (Bennett) and I lead it, but everyone puts a fair share of work into getting it ready," said

With between 20 and 25 active members, AWoL is becoming an increasingly active force. According to Hess, the breakdown is approximately an even split between LGBT members and "allies," or heterosexual individuals who are openly accepting of the LGBT community.

Sophomore Bethany Adair, the future president of AWoL, considers herself one of these allies. "I think everyone has the right to love anyone they want," said Adair.

While Hess emphasized that the upcoming events will be similar to those of past years, one aspect that has become increasingly prevalent in both this year and last year's lineup is the inclusion of gender awareness.

"Last year, I remember that it was a lot of musical acts. Eight out of ten acts were all music-oriented. This year we have four dances, skits and a poetry reading," said

that this event would feature a dis-Senior Liz Sunde, founder

of Trans* Parachute United, is co-sponsoring Pride Week with AWoL. T*PU's main goals include providing a safe and welcoming community for transgender students on campus by creating a forum for discussion of current issues and offering assistance to any individuals who may need. T*PU is responsible for host-

ing two particular events at Pride Week: a safe and healthy sex talk and a discussion panel pertaining to the gender binary.

"The first will be a basic presentation of safe sex, targeted at, but not only for, queer and trans* people, touching on things like protecting, post-surgery trans* genetalia, safe anal, etc.," said Sunde.

T*PU's second event is a roundtable discussion about the gender binary. Sunde, who plans to facilitate this discussion, also mentioned

cussion of how gender roles differ

"Juniata College is literally the most tolerant place I have ever been to. If transgender students are victimized here, there is literally not place in the world where they can go and not be victimized," said Hatem.

across the globe.

Senior David Hatem argued

that gender awareness events have been overemphasized throughout his time at Juniata.

'Juniata College is literally the most tolerant place I have ever been to. If transgender students are victimized here, there is literally not place in the world where they can go and not be victimized," said Hatem.

Hess also stressed the degree to which Juniata is a supportive environment for members of the LGBT community. "In my four years here, I've personally never dealt with any issues based on my sexuality," said Hess.

"I guess I understand where the people who organize Pride Week are coming from, but at this point in my Juniata career it feels like they are beating a dead horse," said Hatem. Despite his distinct views regarding the prevalence of gender issues, Hatem identifies himself as "a liberal democrat in favor of gay

marriage."

Sunde, on the other hand, feels that transgender issues should be at the forefront of the community's

"I also don't think that marriage is the biggest issue facing the LGBT*Q communities, and that our movements should not stop there. The violence and institutionalized inequalities, such as the fact that trans* people in many states are not protected from discrimination in terms of housing or employment, need to become a priority as well," said Sunde.

Hatem mentioned that issues of discrimination and victimization often come up in his gender and society class taught by Assistant Professor of Sociology Leah Ham-

"I feel that topics such as maternity leave in a business setting

▶ see PRIDE WEEK page 7



Unexpected credit transfer issues, fees

▶ from ABROAD page 1

roll in a post-experience one credit class," she said. "At the moment we can't cover everything time- or resource-wise. With a class, we can bring in lecturers or presenters and get at more than just the basics of studying abroad. The Gambia program already has a pre- and post-experience class, but we're trying to expand it to other programs."

In the meantime, some students who study abroad said they are being presented with challenging issues.

Junior Maggie Burkett participated in Sea Education Association semester. "I assumed the grades would transfer as well, but when I came back, my credits had transferred but my grades didn't," said Burkett.

Burkett and others chose to study abroad under the assumption that the credits earned abroad would transfer back to Juniata. However, depending on the program and the university, students may face difficulties in obtaining the necessary number of transferable credits to remain on track for graduation.

"They (Study Abroad Office) told me I could petition to make SEA semester a Juniata-approved program to get the grades," said Burkett, "only I would have to come up with the time to do that on my own."

Williams, who is an upper-level Spanish speaker and environmental science POE, was frustrated with the limited class options in Seville.

"We were only offered courses in that American program," said Williams. "I wasn't able to take any environmental classes, or any classes other than business and culture."

Williams ultimately decided in October that she would leave at the conclusion of the first semester rather than staying for the entire year.

"It was mainly because of the classes," said Williams. "I really enjoyed living in the city. The host family was no problem at all. But I would have been way behind on credits for my major. I had no idea that I wouldn't be able to take a full range of classes until I got there."

Senior Erin McClure studied in Marburg, Germany in 2011. "There was only one place that I could really study abroad because I am a biochemistry POE, so the main thing that I needed that I didn't have was a contact person who knew about my major," said McClure. "I didn't know how to get my stipend either, so I had to ask a lot of random people. They also didn't tell us upfront that we needed a bank account."

"Having someone from the sciences study abroad is pretty uncommon, so it was difficult to get accommodations at the university to take a lab, especially since they already scheduled classes when I got there," said McClure.

According to Rebman and King, they had difficulties scheduling classes in Germany and maintaining the minimum number of credits needed to keep their internships and stay abroad for the full year.

"It was especially frustrating when we rolled around to signing up for classes in October. No one had told us in the orientation program how to sign up for classes. When we got to the week for scheduling, we didn't know what

to do," said Rebman.

"I actually left a semester early, and I'm not getting credit for the classes I took," said Rebman. "You're only allowed to miss three classes total, and we already missed two because of the mess with signing up for classes, and then I got really sick one week and missed another class."

"I kept getting kicked out of classes because they told me they needed to make room for native students and that the first people they would kick out were international students," said King.

King and Rebman said they were unsure if they were going to have housing until moments before leaving the country.

"We were told we would get housing and a full dorm when we got the application form, but we ended up not getting housing. Then we got an email when we were sitting in the airport saying we would have housing when we got to Marburg," said Rebman. "I'm pretty sure my mom was terrified initially since I was just getting on a plane to Frankfurt, not even sure if I would have housing."

"Katya and I ended up in housing about two miles outside of town, and it took us a half-hour to get there," said King. "I went to Marburg's housing department to see if I could switch, but they told me there was a three week waiting period and told me that I should try to stick it out."

Prior to the start of the semester, students are told about fees and general costs of their trip abroad. However, some students say they encounter unexpected fees upon arrival, leaving them scrambling for money in some cases.

"I ended up not being able to pay rent for the first month because I wasn't prepared for something that different from what we were originally told," said Rebman. "Our stipend also got messed up, so we didn't have food money."

In addition to unanticipated fees, Burkett said she faced an issue in receiving her government loan, which she relied on for semester tuition.

"My government loan is my money, not Juniata's money. Juniata is one of only four schools in the country that won't release government money to you. We had to pull out another loan," said Burkett.

Although students are expected to encounter certain difficulties while abroad, some leave students in uncomfortable situations.

"When I told the office that I wanted to come back, they told me I was just in culture shock," said Williams. "I said 'I've been here for three months. I don't think I'm in culture shock anymore.""

"I was told repeatedly by the study abroad office at Juniata that I was suffering from culture shock and that it would get better if I just stuck it out," said King. "Especially when I was struggling with my classes, Juniata was trying to blow me off and trying to tell me it was all in my head."

Valasko hopes for students to keep an open mind when abroad since they are almost guaranteed certain difficulties upon arrival.

"There have been students that want to come home, and we tell them to try to get through it, it can work, but they are insistent on coming home," she said. "There is only so much we can say. But we're never going to tell some-

one they can't come home. What it comes down to is trusting the students' knowledge of themselves and their limitations."

King no longer attends Juniata and is currently looking for another institution. However, she claims leaving Juniata was never a part of her plan.

"I had only once, the entire time we were in contact, said that I wanted to leave Juniata, and it was because I had a complete fit. I was actually considering staying when I talked to my advisor. I was planning on staying up until I got a letter from Juniata about FAFSA which kind of felt like, 'here it is, now get out," she said.

"I did end up having a conversation with the Dean and Jen Cushman (Dean of International Programs and Associate Professor of German) because I wanted to get my tuition back for the semester. I told them my whole story and they sat there very quietly through the whole thing. They never gave me any explanation or closure," said King.

"I think it's hard to say how the issues can be fixed because the study abroad office has so much to keep track of," said McClure. "I think it's a good idea for students who have already studied abroad to continue to submit any information that they might have to the study abroad office so then future students know more about what they're getting into."

"I think there needs to be more information because before I left I had felt really sick about going," said King. "The study abroad office needs to organize everything better, and they need to believe their students over 30 years of not having a problem."

"If you don't encounter a problem there is something wrong," said Valasko. "If it isn't challenging in some way, you aren't doing it right. It's actually good to hear 'I'm not sure what I'm supposed to do,' or 'How is this supposed to work?' Those questions mean you're engaged and experiencing discomfort. But of course we can't predict how everyone is going to react in that situation."

"Our website, however, is not as efficient as I would like it to be," said Valasko. "I am the only one to update it and I don't have a lot of time to do it outside of summer, but I speak with the top 10 to 15 sites almost every day through email. We're really in contact with them all the time."

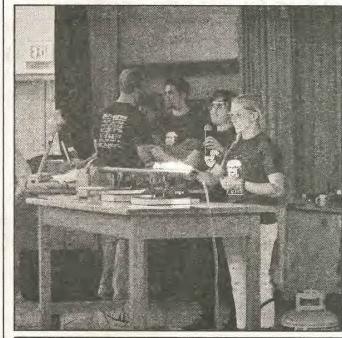
Despite some claims of recurring issues, Valasko believes studying abroad to be an exceedingly beneficial part of a college student's career.

Despite struggling a bit at the beginning of the semester, McClure said, "I really liked the immersion and being able to speak German all the time. It was definitely a positive experience for me. I would definitely recommend study abroad to students because any hardships at the beginning can be overcome."

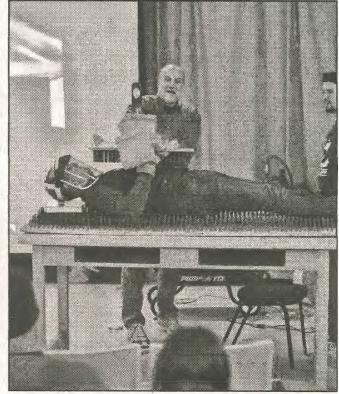
"I loved my professors," said Burkett. "I loved the SEA program and the classes we took were amazing. I definitely had a great semester, even though there were a few issues along the way."

"It's not a vacation. It takes a lot of effort, dedication and frustration," said Valasko. "You get out of it what you put into it. It can really be a life-changing experience if you make it that way."

Physics Phun Night







SUNGOUK PARK/JUNIATIA

Top: Seniors Corrine Dorais and Chelsea Veranis showcase the Ruben Tube phenomenon at Physics Phun Night in Alumni Hall, Brumbaugh Academic Center on Thursday, April 4. Middle: Physics students demonstrate how high frequency sound waves can shatter a wine glass. Bottom: Dr. Matt Beaky and Dr. Emil Nagengast perform the Bed of Nails phenomenon at Physics Phun Night.

Grant funds Genomics research Initiative includes courses, certificate program

Mike Boyle invited some speak-

ers from Penn State to come to

our Frontiers in Biology seminar,

and the speakers were describing

a technology that was doing seem-

ingly impossible things, sequenc-

ing entire bacterial genomes in an

afternoon," said Vincent Buonac-

corsi, associate professor of biol-

ogy. "So we all started looking into

this technology, called Next Gen-

eration Sequencing, and the idea

was that unless you change what

you're doing, you're going to get

left behind. Our students would get

left behind if we didn't adapt to the

Boyle had written a grant to the

Research Coordination Networks

for Undergraduate Biology Educa-

tion. This pilot grant was used to

show the HHMI that the College

was worthy of further funding. Ju-

niata then received approximately

A portion of the grant money

"Our certificate program was

will be used to fund the genomics

part of the HHMI grant as the

central curricular innovation. This

is our main vehicle for change,"

cover material from several differ-

faculty members. There are people

from business, psychology, biol-

ogy, history, international studies, philosophy, politics, English and

so on. What we're trying to do is

make certain that students have a

selection of courses that come from

different fields and look at different

aspects of scientific research. What

we're looking at is what can we

gain and what can students gain by

bringing together perspectives of a

lot of other fields," said Dr. James

Roney, I. Harvey Brumbaugh pro-

fessor of Russian.

The courses are designed to

We've got a group of about 10

\$1 million from the HHMI.

certificate program.

said Buonaccorsi.

ent areas of study.

new trends and technology."

By Shalen Pereninec

The Howard Hughes Medical Institute, or HHMI, has recently opted to fund the Genomics Leadership Initiative at Juniata College. This initiative includes a genomics certificate program, a leadership module and ample opportunity for student research experiences.

"The Genomics Leadership Initiative is the idea of incorporating genomics across the curriculum so we can take a set of Juniata students and say, 'You will leave Juniata knowing what a genome is, knowing what it means to being able to sequence a whole genome and understanding all the issues and ramifications surrounding that idea,'" said Jill Keeney, chair of the biology department.

The study of genomics is becoming increasingly more popular in modern society.

"10 to 12 years ago, when the first human genome was sequenced and analyzed, it cost \$2 billion. Now, you can sequence your whole genome for about \$10,000, and your exomes, which are your actual genes, for about \$1,000. Instead of buying yourself a new laptop, you can purchase your genome and figure out maybe what genes put you at risk for certain diseases," said Regina Lamendella, assistant professor of biology.

"That doesn't mean that automatically we can cure everybody of all their woes by knowing what that sequence is, but it's the beginning of being able to investigate and look into detail what comprises the human genome," said Keeney.

The idea of the Genomics Leadership Initiative was sparked by the recently retired Michael Boyle, William J. von Liebig chair emeritus in biomedical sciences.

"About three or four years ago,

the scientific and statistical aspects of genomics. "Dr. Rhodes is working on what

"Dr. Rhodes is working on what we call our integrative science community, and they're working on integrating informatics and bioinformatics. If you're sequencing whole genome sequences, you're dealing with really, really, really big data sets, so you need computer science and technology," said Keeney.

To receive the certificate, a student must also take three elective courses dealing with ethical, legal and societal implications of genomics.

"This is a large question in our government right now about the limits of genomics, especially applied to human health. Is it ethical to test people for predispositions for certain diseases? And who has access to that information?" said senior Steven Strutt. "I definitely think this will set us apart. I think this is one of the main futures of biology, so getting education at this early level will definitely prepare students for what's to come next in grad-school or med-school."

"In terms of the Genomics Leadership Initiative, I'm one of the first students actually getting the certificate. This is putting Juniata ahead and on the edge," said junior Alex Sickler.

Due to the broad array of topics being analyzed, students of all POEs can obtain the genomics certificate.

"It's directed primarily at biology students, but it's open and there are routes for non-majors to get involved as well," said Buonaccorsi. "Hundreds of students will end up taking one of these classes just by chance. We're hoping for upward of 40-50 students per year to engage in the certificate program."

► see GENOMICS page 6

Brethren Dinner





STEPHEN NOLAN / JUNIATIA

Top: From left to right: Americorps Representative Lauren Seganos, sophomore Stephanie Finamore, junior Laura Whitman, visitor Mark Dowdy, senior Claire Wayman, junior Molly Walmer, junior Jonathan Keeney and sophomore Morgan Knepp all met in the Sill Boardroom on March 27 to practice their faith as members of the Brethren Church. Bottom: Senior Claire Wayman is contributing to the Brethren dinner that took place in the late evening of March 27 as she plays an opening song entitled "Taize: Ubi Caritas." This event involved not only Juniata students but also other visiting students and members of the Huntingdon community.

Student chosen out of 77

▶ from MAUL page 1

think that in our lifetimes we will see it in a practical application and revolutionize certain treatments for diseases."

Maul wants to become an orthopedic surgeon working in a university hospital while teaching and conducting research.

"I am really fortunate I have this opportunity because it is my last chance to do something like this," said Maul. "I am really excited about this summer and I think it will be a once in a lifetime experience."

"Here at Juniata, we have a lot of opportunities as students in terms of our professional development," said Maul. "I think it is really important we take advantage of them and step outside of our comfort zone at times because I think that is a really great way to grow."

"He will thrive in a competitive environment," said Dr. Lamendella. "I hope he learns as much as possible and reaches out to others through networking to figure out what projects other people are working on."

"My experience with Dr. Lamendella has given me a good foundation and has prepared me for the commitment this summer," said Maul.

Maul's research fellowship is an added bonus from the recent Howard Hughes Medical Institute Research Grant awarded to Juniata in 2012 to implement genomics curriculum into the college.

"Your college has to be invited to apply for the HHMI Research Grant Award and only the colleges that produce the most Ph.Ds. and MDs get invited and this is 200 out of 500 liberal arts schools in the country," said Dr. Vincent Buonaccorsi, associate professor of Biology. "Then your college has

to win the HHMI Research Grant Award, following which has to win the EXROP Fellowship in order to apply as Andrew did for this extremely selective process."

Buonaccorsi is on the Student Research and Fellowships Committee at Juniata and is also one of the writers of the HHMI grant along with professor emeritus Dr. Michael Boyle.

"There were 77 students chosen out of the whole country. I will be apart of HHMI's program and the Harvard Program. It is kind of overwhelming. I want to make the most of it and represent Juniata well," said Maul. "I want to show people who don't know about us that the students we have here can compete with the best in the country."

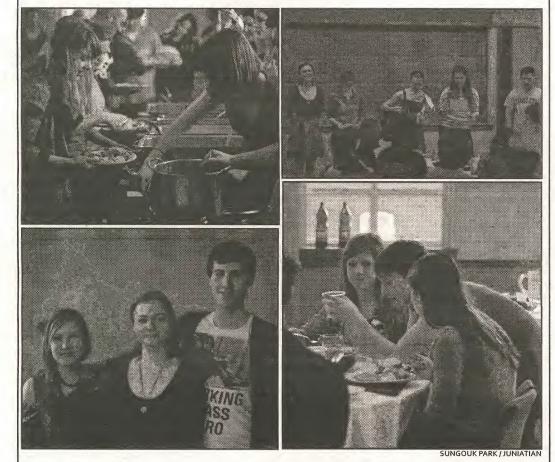
"HHMI is committed to the idea that student research is the best way to learn biology," said Buonaccorsi. "They give you real life experience that for biology students is really important in solidifying career goals and understanding the processes of science that would be difficult to grasp in a regular lecture setting."

"Look for research and internship opportunities early. There are plenty here at Juniata and nationally. It is simply about going after the opportunities," said Maul. "I was proactive and a majority of students who get research opportunities are the ones who approach their professors and their advisors asking to do research."

"I would encourage students that when they find out about fellow-ships not to blow them off because we send the students opportunities but we can't force them to apply," said Buonaccorsi. "There is something for everyone out there and students need to take some initiative and not have an attitude that you can't win, because you can."

Russian Dinner

Four required courses will cover



Top left: Signature Russian dishes were served at the Russian Dinner in Sill Boardroom on Saturday, April 6. Top right: International student Lena Zakharova and other students sing popular Russian songs. Bottom left: Russian international students Anastasia Pepelyaeva, Emil Shelestoff and Lena Zakharova enjoy themselves at the Russian Dinner. Bottom right: Senior Ashlin Creeden, vice president of the Russian Club, explains to her fellow students the contents of the beverage served at the dinner.

Fulbright Scholarships bring new professors to Juniata Visiting Spanish, French, Russian, German instructors enhance language learning

By DEVON WISER

Juniata's language program is getting some help this year from international professors. Four visiting language instructors serve as lecturers in the French, Spanish, German and Russian language departments with the help of Fulbright Scholarships.

The Fulbright Program is run by the U.S. government and was created to increase the mutual understanding between United States citizens and those of other countries.

"It's a really remarkable program," said Jenifer Cushman, dean of international programs.

Cushman, who recently returned from a trip to India on an administrative Fulbright Scholarship, believes that there are many benefits to the program.

"The language programs would not be nearly as robust without [the visiting language instructors]. It wouldn't be able to be covered without them, and they are a cheerful bunch," said Cushman.

"It's a lot of work to do this program," said Professor James Tuten, a Fulbright program advisor. "But the rewards are substantial and life changing. This is competing at its highest level, trying to be the one winner of the 15,000 that applied. It's a once in a lifetime opportunity and a catalyst to



JEFF BRUZEE / JUNIATIAN

Professors Elena Zakharova, Dorothee Conrad, Laura Sanchez and Mohamed Ghanem are guest teachers on Fulbright scholarships at Juniata. Each professor teaches the language of their respective home countries.

additional success."

There are many types of Fulbright Scholarships for students, scholars, teachers and professionals, and there are different kinds of scholarships for each of these types.

The four visiting language instructors are here on the Fulbright Foreign Language Teaching Assistant Program, which is designed to improve their teaching skills, widen their knowledge of the American culture and strengthen the instruction of foreign languages at U.S. colleges and universities.

The four instructors had a variety of reasons for choosing to participate in the Fulbright program.

"I found out about Fulbright when I was doing my master's program. I teach English in Argentina, and I wanted to come here to get to know the culture," said Laura Sanchez, Spanish visiting language instructor.

"When I was looking at an exchange program in Germany, I found the Fulbright Program and was interested. I am an English teacher and I wanted to go now while I am young. I also wanted to teach about Germany, my own

country," said Dorothee Conrad, a visiting German language instructor.

"A long time ago when I was a sophomore and was signing up for classes, I saw a pamphlet advertising the Fulbright Program, so I took one," said Mohamed Ghanem, a visiting language instructor of French. "I used to live in Japan where I majored in Japanese and minored in teaching French as a second language, but I was always interested in the English language. I taught some French, and I wanted to go back and thought I could readjust to university life, but I didn't want to go alone."

When they applied for the Fulbright Scholarship, instructors could choose where they wanted to teach in the United States, whether they wanted to be in a metropolitan area or the countryside, and if they wanted to be a primary or an assistant teacher.

The visiting language instructors seem content with their choices to teach at Juniata College as well as the overall quality of the program..

"I like the Language In Motion program here, we get to go to other schools and present our countries and our language. It's a thumbs-up to Juniata College," said Ghanem.

"At the big university in Paris, you went home after class, and

▶ see FULBRIGHT page 7

High powered ESI-MS utilized to determine the mass-to-charge ratio of compounds

▶ from CHEMISTRY page 1

chine to give information straight to a student's computer.

"We felt that the instrument offered the sort of advantages that we wanted," said Hark. "It was a reasonable price and it would give us a capability that was lacking in some of our instrumental offerings."

Professors also supported the purchase of the ESI-MS because it would be useful for all chemists in the department.

"All of us can use this instrument," said Hark. "This is one of the reasons we elected to use our long-saved money to purchase this instrument as opposed to something else because we tried to find something that would be useful for the largest number of faculty members for their research and also be useful in the classroom and to teach students the principles associated."

The ESI-MS was purchased using seven years' worth of the department's internal funds. "We have an endowed account that gives us a small amount each year which is not nearly enough to purchase any type of instrumentation," said Hark. "So we have to save that up for several years and we got to the point where we could afford this."

The instrument is also cost-effective because it costs very little to maintain and consumes few materials.

When the ESI-MS arrived on campus, the chemistry department requested that the installation technician demonstrate proper usage of the instrument.

"Before we accepted delivery we wanted to put it through its paces so the purchase was conditional upon us being happy with it and getting data that we could use," said Hark. "When the installation tech was here, we specifically said, 'We have certain samples we would like you to help us run, and in the process teach us how to use the instrument and be certain we could get data."

"The guy from the company went through the process of what we're going to be doing, how we're going to use it and how to set up all the parameters. He showed us how to make a sample and the dilutions to use," said junior chemistry POE Avery Fordham.

The ESI-MS is already yielding results for some research students.

"Two of my students have already gotten data for their projects," said Hark, "including one student who we could not get the data any other way. The existing gas chromatograph mass spectrometry system would not be able to analyze it at all, so we were able to get confirmation of its molecular

weight through this technique."

"I wish I had it earlier, especially for this project since the compounds I'm making are for mass spectrometric studies," said senior chemistry POE Robert Parker. "It's useful because it's a different ionization method. It's much softer, so it's not going to fragment the compound as easily so more information might be gained from the fragments."

"It allows me to use a methanol/ water/formic acid solution as a solvent, something which my target compound is very soluble in, unlike our GC-MS, which requires only highly volatile solvents to be used," said senior chemistry POE and researcher for Dr. Peter Baran, Alexander Koval. "It can also give a spectrum for metal complexes, which is very useful since I will be creating metal complexes soon."

For other students and faculty, using the instrument to receive re-

sults will be more difficult. While the instrument will be useful to all types of chemistry research, the parameters needed to analyze larger molecules have not been identified.

"It turns out that we need to play with the parameters a bit," said Fordham. "It takes two minutes to run at most, so it's quick and it's pretty accurate. It's just a matter of dealing with the parameters."

"The only problem is learning the best way to reduce the 'noise' so the sample can be seen and that's more because it's a brand new instrument and we don't know how to use it," said Parker.

Hark looks forward to introducing the way the instrument works hands-on to both research students and students in chemistry courses.

"It's our philosophy not to have anything that is hands-off," said Hark. "Students get to do, get to touch, everything."

To introduce all students to ESI-MS, use of the instrument will be introduced next year as part of the analytical chemistry curriculum.

"I think that's very important because as students go into the workplace, for instance, or grad school, having had to actually do the work themselves, including troubleshooting when it doesn't work right and routine maintenance," said Hark. "I think that's very useful and it seems to serve our students well."

In the future, Hark looks forward to expanding the department's collection of mass spectrometers.

"We will actually have another mass spec system that we inherited from Dr. Boyle after he retired that we are working on modifying to have yet another type of mass spectrometry available, which is good for very large molecules and things that cannot easily be introduced in other types of mass spectrometry systems."



HHMI sponsors new experiences for biology, chemistry majors

▶ from GENOMICS page 4

By taking courses related to genomics, Juniata students will stand out in the job market.

"I think that employers or people outside of Juniata are going to be really interested when they see these types of courses on a student's transcript," said sophomore Jessica Scales.

"Coming out of college with that type of certificate, I think will look great if you're going to gradschool, doing research, going to med-school, or even just going into the workforce," said Lamendella.

"I can say that from my current grad-school search, I've noticed that the things that we're doing with undergraduates here are things that they're just now implementing for incoming graduate students to learn, so for us to already have a certification program, we're definitely ahead of the curve. Our students are going to be going into grad-schools with tools already available to them that the schools don't expect them to have," said senior Alex Weimer.

"These are the kinds of skills and habits of thought that our national leaders are saying are important, and the MCAT is actually going to be changing based on these recommendations, so we're ahead of the curve with respect to the training that the students need," said Buonaccorsi.

In addition to funding the genomics certificate program, the HHMI grant is funding a leadership module. The leadership module includes coursework, case studies, residencies and practical experiences for students to rationally apply their knowledge of

"There is a focus on understanding a patient in his or her societal context and a heavy emphasis on how to make ethical decisions," said Buonaccorsi.

The final section of the Genomics Leadership Initiative consists of research experiences for students.

"As part of the liberal arts ideology, we have a certain outlook on the processes of research that people at large research institutions don't necessarily have, and this puts us ahead of the curve," said senior Amanda Epstein.

Juniata College has recently purchased a new server which will be used to store and compute genomics data.

"With this server, we'll be able to approach the bioinformatics bottleneck, so we won't have to spend months or years analyzing our data. We'll be able to annotate a genome in a couple weeks'

time. Getting from the biological from all different places, so that question to the answer will be a lot faster now," said Lamendella.

In order to properly teach students about genomics, faculty will also undergo their own series of summer workshops.

"The faculty will spend two full weeks meeting five to six hours a day, sharing materials and discussing things that we've read in common," said Roney. "The idea is that if faculty understand each other and understand the languages of other disciplines, then they are much more able to involve students in that kind of real substantive interdisciplinary exchange."

Professors from other institutions are also invited to apply for admission to these summer workshops.

"I'm probably most excited about the workshops this summer because we're pulling people

opens the opportunity for collaborations outside of our school," said Lamendella. "Also, we're going to be training other professors, who are all really smart people with really great ideas, so maybe they've seen something we haven't seen or they know how to analyze this data set a different way. Getting everybody in the same place at the same time and having all that brainpower is going to be great."

"All of this stuff has developed within the last five years, so regardless of what we learned for our PhD and our postdoc and during all the years and years that we've been here and continued to learn, things are changing so quickly, so we just have to keep learning," said Buonaccorsi. "That's one of the central mantras of our biology department. To keep leading, you have to keep learning."

Role reversal: students become teachers in TA positions Variation in responsibilities ranges from assisting with grades to leading lectures

Students at Juniata have the ability to instruct classes as teaching assistants during the academic school year to enhance their own understanding on the material and to provide students with a peer learning experience not otherwise given by professors.

While professors are ultimately responsible for generating syllabi and instructing classes, teaching assistants have their own distinct requirements cut out for them.

"I think Juniata does a great job in giving students experience in teaching, because they teach in conjunction with professors," said Amy Frazier-Yoder, assistant professor of Spanish. "Our program allows students to work in cooperation with a professor, rather than be immediately thrown into an environment where they must teach."

Teaching assistants also have influence over grades; their input varies based on the type of course they are involved with. Teaching assistants in the Spanish department do not instruct students on class information. Instead, they are responsible for engaging students in review sessions.

"Our aids have control over about five percent of grades and are solely responsible for conducting review sessions every Tuesday and Thursday," said Frazier-Yoder. "I supply a guide for each review session, but I give my teaching aids the freedom to conduct each session how they see fit. The main thing that I like to see is that a fast pace of learning occurs."

"In order to prepare for each review session I meet with Spanish professors Amy Frazier-Yoder and Laura Sanchez once a week to discuss lesson plans and student progress," said senior teaching assistant Kelsey Morgan. "Additionally, I review lesson plans the night before each review session to ensure I can help the students."

Juniata offers students the flexibility to work in departments outside their POEs.

"We typically look for people who have been abroad, so they have a high proficiency in Spanish, in addition to students who are looking to go into the education field," said Frazier-Yoder. "I currently have three teaching aids: junior Kyle Clemmer and senior Kelsey Morgan, who both taught





Senior Shauna Landrey, a CWS lab leader and senior Kelsey Morgan, a Spanish teaching assistant, instruct students on various topics. Teaching assistants report to professors to determine grades and class involvement.

for me last semester, and senior Nathan Wilson."

"Although my POE is in anthropology, my secondary emphasis is in Spanish, so I decided to be a Spanish teaching assistant because it was an outlet for maintaining the Spanish I learned abroad," said Morgan. "I was surprised to find that I had forgotten a lot of grammar rules while I was away."

Senior Shauna Landrey is another example of a teaching assistant working outside her POE.

"I was evaluated on an initial application, followed by a typical interview process, and although English is not my POE, I was selected as a CWS lab leader for fall of 2012," said Landrey. "Although I had no say in final grades, every week I sat down with Judy Katz, the professor of my section, to review how each student was doing in the class and to openly discuss any concerns. I kept close track of lab attendance and journal entries so that Professor Katz could have a sense of how her students were doing in lab outside of regular class time."

Although CWS and Spanish assistants have only a minor influence over grades, they still engage their students in helpful learning

"I really enjoyed connecting with the students, helping them transition into college life, and answering questions," said Landrey.

Teaching assistants are employed in multiple classroom positions for various courses.

"We are pleased to use teaching assistants from various POEs for the Information Access classes," said Loren Rhodes, Information Technology Endowed Chair. "The material we go over is a set of skills, so our teaching assistants do not require an IT background."

Teaching assistants for the Information Access course are responsible for instructing their classes and submitting grades to Rhodes. Grades given by the instructors are the final grades for the students.

"Currently we have a staff of seventeen students," said Rhodes. "The staff oversees 33 sections of Information Access and has complete control over grades through a set of rubrics. Major responsibilities of IA Teaching Assistants include managing Moodle and helping students with their individual projects."

Not only do teaching assistants benefit from their work, but students appreciate the input received from their peers.

"I particularly enjoyed the CWS labs because they gave me an opportunity to work with a TA who has actually taken the course," said freshman Ryan Shelton. "It was a great way to expand my knowledge of the English language and to be surrounded by people who were adapting to a similar environment."

"The review sessions are extremely beneficial for me because I get to learn from my peers," said Katherine Landis. "Our teaching aids are extremely knowledgeable and have definitely helped my development in Spanish throughout the course of this semester."

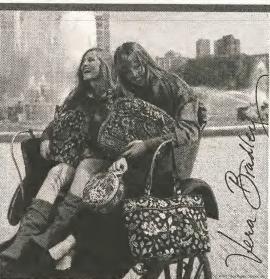
By working closely with professors and students alike, teaching assistants are able to polish their own skills while helping their peers to do the same.

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Pride Week begins with annual drag show



PHOTO COURTESY OF CORBY HES

Seniors Corby Hess and Michel'Le 'Boot' Bennett dressed in costume for the spring 2012 drag show. This year, AWoL is kicking off Pride Week with a drag show on Friday, April 12, 2013 at 10:00 p.m. in Baker Refectory.

▶ from EXTRA page 2

and gender-pay disparity are much more valid issues to discuss than the social-construction of a biological sex," said Hatem. "My biggest issue with the whole spectrum of genders is that the only criteria for it is self-identification."

With active participation from between 200 and 300 students in last year's Pride Week festivities, the efforts were successful in raising a total of \$300 for Relay For Life. Hess stated that this year's

earnings are likely going to be split evenly between Relay for Life and a local charity.

Despite the fundraising aspect of these efforts, Hess contended that the monetary element is not the main purpose of Pride Week.

"It is more about everyone coming out, having a good time and enjoying themselves. I hope we can beat last year's turnout, I would love to get more people there," said Hess.

Adair expressed that her main

hopes are for a smooth flowing event with increased student participation at this year's Pride Weekevents.

"I didn't stop laughing last year, it was great," said Adair.

The festivities will be taking place between April 12 and April 19

The drag show in Baker will be kicking off Pride Week on Friday at 10:00 p.m. Students are asked to pay \$2 for entry or \$1 if they arrive dressed in drag attire.

Visitors bolster programs

▶ from FULBRIGHT page 5

here you do everything on campus. We are crazy about Juniata here, lots of school spirit," said Ghanem.

"The advantage for the visiting language instructors is that they get to teach two classes and take two as well. Plus, the Fulbright Program is prestigious and legitimate. Anyone will know what it is and it looks good on résumés," said Kati Csoman, assistant dean of international programs.

"We are taking classes as well as teaching. It's challenging, and I like being challenged," said Zakharova.

Despite the welcoming atmosphere, the visiting instructors do have a few complaints about their visits.

"There is nothing outside of the college here and the foreign language departments are not the main focus, which is a downside," said Zakharova.

"The problem is that there are no real shops and nothing else to do off campus," said Conrad.

One of the most interesting aspects of the Fulbright Scholarship is the opportunity it affords to experience a new culture. Both Ghanem and Sanchez found Juniata to be different from their home insti-

ations.

"Things here are different ... The students sleep and text in class. Taking classes here is very cool, but very hard. We are half teachers, half students," said Ghanem.

"It's different here. It's smaller and easier, and I thought I wasn't going to be able to do anything, but I was surprised. Here, everything is college-related and you get to meet everyone." said Sanchez.

When applying for Fulbright Scholarships, an organized Fulbright campus committee interviews applicants. The winners' information is then sent to New York. 50 percent of the applications are cut off and they become a Fulbright finalist. The finalists' applications are then sent to the U.S. Embassy of their destination country.

Those lucky enough to receive a scholarship are usually grateful to the program and the experiences it provides.

"I heard from someone that the Fulbright program was her greatest experience ever and I thought she was kidding," said Sanchez. "I'm really happy that I came here. It was a great opportunity to do things I couldn't have done without Fulbright."

Holocaust survivor reflects on WWII oppression, captivates audience

▶ from GENOCIDE page 2

I think they will give students the motivation to open their eyes to what is going on around them. It will make out student body more aware."

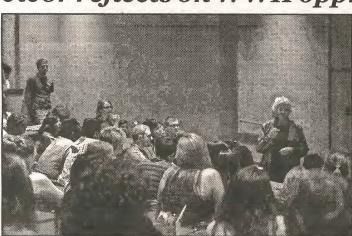
Freshman Megan Barber is in agreement.

"Genocide Awareness and Action Week sounds like it will be a great opportunity for students to be made aware of problems we often do not think about," said Barber.

Barber also identifies the impact GAAW will have on students.

"All of the events and information regarding genocide that is offered to the students through this program will definitely increase discussions on genocide. It will allow us to remember that we really can make a difference if we make ourselves aware and take action," said Barber.

Dintruff, who has participated in



KATE SMITH / JUNIATIAN

Holocaust survivor Judith Meisel led a question and answer session after showing the documentary "Tak of Alt"during Genocide Awareness Week.

GAAW in the past, would like to get involved again this year.

"I'm going to see Sasha Lezhnev on Thursday," said Dintruff.

Guest speaker Sasha Lezhney

is coming to Juniata on April 11. Lezhney, executive director and co-founder of Grassroots Reconciliation Group and a senior policy consultant for the Enough Project, focuses her work on the reintegration of former child soldiers from Kony's Lord's Resistance Army into their communities and on peace and conflict issues in the Democratic Republic of Congo.

"I am excited to be given the opportunity to listen to several speakers on this issue. Sasha Lezhney is taking action herself against problems she sees, and I think her lecture will provide students with more insight on how we can make a difference as well," said Junior Rachel Smith.

One of the most important goals of GAAW is to get students thinking about instances of genocide both past and present.

"I think any effort to raise awareness is incredibly admirable," said Dintruff. "I know that professors have mentioned [the GAAW events] during class, and this has raised discussions about genocide."

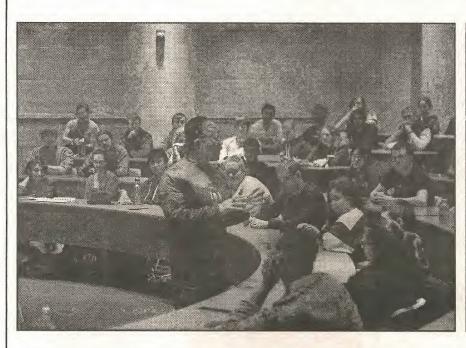
"On campus, I think it is so easy to get wrapped up in our own community that we often do not realize the bigger problems that are happening around us. It is easy to watch the news and read the paper, but being given the tools to begin taking action is something different all together," said Relation.

"I really like that students are so eager to create awareness for different issues on campus," said Smith. "I think a lot of students are going to be inspired by the events during Genocide Awareness and Action Week. It is a unique opportunity that we are lucky to be granted. Students will be more apt to take action against injustices if we are made more aware."

Kreischer hopes that GAAW will do just that.

"I hope that this GAAW helps students understand and speak out against international and domestic injustices," said Kreischer.

Philosophy Club Round Table





SUNGOUK PARK/JUNIATIAN

Left: On Tuesday, March 26 in Neff Lecture Hall, Professor of Philosophy Dr. Xinli Wang addresses the discussion question: "Does each individual life have value and is one equal to the next?" Dr. Wang wears his Green Lantern costume given to him by his students. Right: David Wilkins, instructor, is projecting his message about the value of life.

Tossing the Times: a step away from liberal arts values

One of the chief values associated with an effective liberal arts education is the degree to which it conditions students to be more perceptive to the world around them. While Juniata's consistent emphasis on the importance of global engagement certainly echoes this sentiment, one major way in which the College has taken a step away from its goal to produce a more cultured student body was the discontinuation of the New York Times readership program.

Having convenient access to a reputable newspaper is undeniably an invaluable asset to students across the nation. does not have \$12,700 to put into

While it is clear that not everyone an academically versatile and than \$600 billion per year to its often than not, current issues would take full advantage of this worldly tool that can be utilized resource, a strong argument can across the board, how on earth be made that the individuals who would utilize such a finance the undoubtedly towering readership program are worth the cost of erecting a new luxury investment.

While \$12,700 for a year worth of newspapers is certainly not pocket change, weighing that price tag against the cost of a single student's tuition, close to three times this amount per year, makes this figure seem significantly less unreasonable.

When interviewed for a previous Juniatian article, Dean of Students Kris Clarkson contended that the cancellation of this program was due to a "budget deficit." This claim begs an interesting question: If Juniata are the funds readily available to dorm?

In assessing the astronomical difference between the estimated \$125,000,000 price tag associated with the Campus Master Plan and the comparatively dwarfish \$12,700 fee associated with having a year-round New York Times readership program on campus, it is tough to believe that the program was cut because of a "budget deficit."

This compares to the United States government arguing that it can't afford to enhance its public education system while simultaneously allocating more

military budget.

One of the justifications for cutting the program mentioned in the aforementioned article implied that not enough students were reading the newspapers provided. Such an issue could reasonably imply either money being wasted on unused newspapers or an overt lack of student engagement.

Why is a liberal arts college's solution to students not being sufficiently motivated enough to want to read about what is going on in the world around them to abandon ship?

If more classes were to require reading world news articles outside of class, there is no doubt that Juniata College could build a more cultured student body. More

become topics of discussion in the bulk of Juniata's classrooms regardless of the course subjects.

It is undeniably a tough task to get students to take the time to pick up any newspaper, as one can very easily surmise by taking a look at a given Juniatian rack. However, value is not always derived from the higher number of issues circulated. Those who do take the time to read the paper, digest it and give us feedback are valuable enough to keep us motivated to continue production. In the same way, Juniata could strive to motivate its student body to become more actively engaged in current world issues rather than giving by and eliminating its most convenient outlet for news.

ternative methods to the election process



Since the foundation of this nation, part of the election process outlined in the constitution is the Electoral College and its electors. At this point in our lives we all pretty much know how it works. On Election Day, the votes for president are cast and then tallied within each state, and whichever candidate has the largest percent of the popular votes wins all the electoral votes that state has.

While this type of election may be functional and clearly has been for our country, that doesn't mean there is not a better way of holding elections to more accurately represent the voices of all of the voters. There are a few alternative suggestions for how to select the president that certainly merit further examination. Three of these methods are the proportional plan, the district plan, and the direct election plan.

The proportional plan is that, instead of having a winner take all system when it comes to allotting a state's electoral votes, the votes be divided proportionally each candidate won in the state. This plan is intended to more accurately represent the views of more voters, instead of simply ignoring the votes of those who voted for the less popular candidate as the electoral system does now.

A very similar plan is the district plan. This plan also tries to limit the winner take all effect of the current system. The district plan is similar to the proportional plan, except for that fact that the winner of each state receives two electoral votes, and then the rest are divided proportionally. Two states, Main and Nebraska, are actually currently using this method of election quite successfully.

The last plan of direct election is the most radically different from the system that is currently in place. This plan would eliminate the Electoral College, and would determine the winner of the election by counting all the votes nationwide. To win, a candidate would have to have more than predetermined percentage of the vote, most likely either 40 or 50 percent. If no candidate got more than the predetermined percentage of votes needed to win, the top two candidates in the race would once again need to be voted on to determine a winner.

All of these different plans between the candidates based have their own advantages that

on the number of precincts that should be considered when trying to determine if any of these plans could be a good substitute for our current election method, as well as some common advantages that they share. One benefit that all three of these plans offer is that they make it easier for third party candidates to be serious players in a national election, which would be a very helpful step in moving the government away from just being a two party system. The other advantage shared by all of these plans is that it better represents the actual voting intentions of all voters in the state, instead of simply discounting anyone who didn't vote for the candidate who ended up winning the state.

An advantage presented by both the proportional and the district plans have the effect of making it harder for there to be such overwhelming victories as we have seen in some past elections. An example of this is that the election between Richard Nixon, who received 301 electoral votes, and Hubert Humphrey, who received 191 electoral votes, would have ended with Nixon winning by only six electoral votes if the proportional plan were used. This would help prevent presidents from being able to make the claim that the public broadly supports their plans of action, as many are want to do when elected by a

wide margin of electoral votes. The district plan does this as well, but also gives some extra consideration to the winner, by giving them two electoral votes for carrying the state.

The direct election plan provides the advantage of eliminating the possibility of electing a non-plurality president. This happened fairly recently in the election between H. W. Bush and Gore in 2000. Gore won the popular vote by over half a million votes, but Bush still won the election because he got five more electoral votes than Gore did.

It seems to me that really any one of these three plans would provide better elections that are more representative of the actual intentions of all the voters than the system in place now. The only real disadvantage, as far as I am concerned, is one that all three plans share, in that changing the system to one of these plans would be extremely difficult. A change of the presidential election system would require constitutional amendment, meaning it would have to be passed by the house and the senate, and then ratified by two thirds of the states. This would be a long and involved process, but it seem worth it to show voters that their voices are being heard and really do matter in national

juniatian@juniata.edu

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Cartoon by Jacquelyn Barnett

Baha'i balances science and religion | English exams unfair?



Since the age of Enlightenment, there has been a perceived tension between science and religion. The tension stands thus: if you truly believe in God, you cannot take stock in science. Conversely, if you truly believe in science, religion has no place in your intellectual considerations.

Entering my interview with Dr. Debra Kirchhof-Glazier, I wondered how she reconciles her faith, Baha'i, with science. I considered that she might be a religious moderate, or have found some unique interpretations, or less gently, loopholes, of scripture. In my uncomfortable experience as both a Christian and a student, science and religion have never been fully reconcilable. Dr. Kirchhof-Glazier puts this fallacy to rest by proving her strong devotion to Baha'i and science alike.

"I wanted to be a nun," Kirchhof-Glazier, or KG for short, said of the role religion played in her childhood. As a child, she was exposed to various religions, among them Catholicism, Judaism, and Protestantism. Though she enjoyed practicing the rosary with her grandmother, she was exposed early-on to possible conflicts with-



in religious institutions.

"My parents were very 'spiritual' people," said KG. "But my dad didn't go to church that often because he didn't like the hypocrisy of some of the people who were churchgoers and were unscrupulous."

When most 16 year olds get their licenses, they go cruising to the movies and other hangouts around town. But in response to her interest in religion, 16-year-old KG took a road trip every Sunday to go "church shopping."

"I was always of a Christian

background but I also understood that had I been born in India, I would probably be a Hindu," she said. "The main thing was that I knew that whatever God was is an amazing thing. But I also understood that religion is a kind of really feeble attempt to connect to something that's so beyond our pea-brains... but it's something that's really important to do."

I admired KG's openness and religious relativism, but I doubted the real success she had in finding

▶ see LANGUAGE page 10



I spent last Thursday evening being the typical international student that I am. That, of course, meant that I was going to go to as many events as possible to meet new people. Feeling adventurous, I decided to attend a cultural presentation on Pakistan before heading to East Houses for a small get-together. To my great surprise, it just so happened that upon introducing myself as an international student from Dubai, I received the exact same reaction from three different people: "But you speak English so well!"

The surprised tone says it all. Now that I look back, I can recognize the perception that foreign students are inferior to native students in language fluency. I now realize how it is applied in the much more serious context of education.

I started to think about and further explore the issue of language barriers due to a Ted Talks video called "Don't Insist on English," by Patricia Ryan. She addresses some of the issues faced by students wishing to study in the English-speaking countries, specifically the United States and the UK. As an international student myself, I am very familiar with

the Test of Language as a Foreign Language, TOEFL, and the International English Language Testing System, IELTS.

As you might have already guessed, SATs, GPA, the application essay and extracurricular activities are not enough to convince the majority of higher education institutes in the US and the UK that international students may be as eligible for admission like all other native students. These schools require a minimum score on either one of aforementioned language tests or one of the institute's own, depending on whether a student is either denied admission altogether or must complete a language course during the summer or alongside courses during the academic year. Taking extra language courses might not be an awfully downgrading experience. In fact, it can be highly beneficial and convenient. However, it is the former option that literally changes lives, and not for the better either.

We've all experienced the hustle and bustle of the last years of high school. It starts with sophomore year: you start hearing the words "college," "SATs" and "application" at least once a day on a regular basis, including the weekends. You have been given the chance to make a decision. You are responsible for taking your first step towards a place that will play a very significant role in your future.

▶ see KG page 10

Dating outside of your race



Picture this: over the Easter holiday, you decide to travel to your home with your partner. You are both ecstatic for the long weekend and plan to have home cooked meals, spend time with the family and have quality time together. Arriving at the destination, both of you are anxious, but remain hopeful that this weekend

Embracing your partner's hand, you walk to the front door; happy to have another chance to see your family and introduce them to your amazing other half. However, the awkward moment arrives when your parents' reaction is less than stellar after realizing that your significant other is a minority. So much for the perfect weekend.

The previous story seems out of place for our current society. I would like to believe that those scenarios do not happen. However, dating outside of your own race still is a rarity. Interracial dating is not as common in 2013, contrary to my popular belief.

Attending Juniata, I did not perceive interracial dating to be an issue. Personally, I was attracted to whomever I thought kept my interest and I felt comfortable around, I am keeping an optimistic outlook if I do happen to meet someone who is not black. On the other hand, I wonder if interracial dating is a topic worth discussing.

Is interracial dating still a taboo subject? Has our society grown to look beyond race when it comes to dating? The time of Jim Crow has passed.

Even in popular culture famous interracial couples such as Robin Thicke and Paula Patton, Iman and David Bowie, Seal and Heidi Klum and Lamar Odom and Khloe Kardashian can be seen. There are movies, television shows, books, and other materials about interracial dating.

Dating outside of your race no longer as demonized as seen in the media today. Yet, I am pleasantly surprised to see at Juniata an interracial couple walking around the campus. Most students here claim that they are open minded to new unique experiences, so is an interracial relationship too far out of someone's comfort

After having an interview with Daniel Welliver, associate professor of sociology, my knowledge about interracial relationships enhanced. I felt that I was able to understand in more depth on the progression of interracial dating.

"The number of interracial partnerships and marriages are increasing, but it's a very incremental increase and so it's still relatively rare," explains Welliver.

Throughout the conversation, the topic of race becomes a bigger concern for interracial couples. Welliver uses European Americans and African Americans as an example for this subject.

"White people talk about race very little. African Americans will often say all the time," says Welliver on the topic of race in the daily lives of these different racial groups. "Race now is important in the context of an interracial relationship."

▶ see LOVE page 10

Junior creates and sells jewelry Bridgett Canning starts business "Cool Beads"

By DANIELLE CUTAIA

"Cool Beads" is a small business run by junior Bridget Canning. Canning is an environmental science POE who makes her own jewelry and sells her pieces online through the business' Facebook

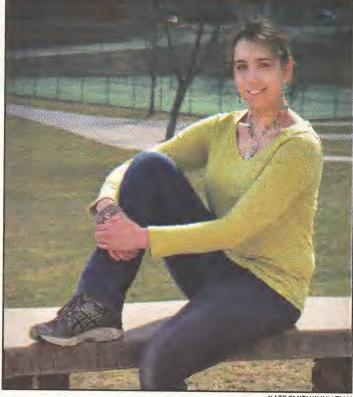
"I've done necklaces, earrings, bracelets, that's my usual stuff. I dabbled a bit in decorated vases, but that didn't really work so well," said Canning.

As well as selling her pieces online, Canning also sells at craft shows. "I sell at some markets back home, sometimes I'm invited to the farmers market ... sometimes I sell jewelry at craft shows."

Canning began the business and operates it completely by herself, unlike some other students who start businesses through the Sill Business Incubator. "I have looked into the Sill Business Incubator. but so far it's just been focusing on my major and not really expanding the jewelry thing through Sill," said Canning.

The financial side of Cool Beads is pretty straightforward. "Whatever money I make I use to buy more supplies or pay off supplies I've already bought. It's more of a hobby that just pays for itself," said Canning. "I don't really make enough to have to worry about getting a tax number or anything. It's just such a tiny scale; it's not worth getting it registered."

Cool Beads' Facebook page displays many pictures of pieces Canning has made that are for sale. "I have advertised on Facebook that I do make things by commission, but most of the time I have things premade that my cus-



KATE SMITH/JUNIATIAN

"Cool Beads" sells both pre-made and customizable jewelry online.

tomers would pick out," said Can-

Canning has made several pieces by commission, including a belt buckle for a student on campus. She explained the process of working on a commission piece, starting from when a customer contacts her.

"Somebody contacts me via Facebook or email and they say what they want and who it's for and when they'd need it by," said Canning. "And then we email back and forth, discussing design ideas."

Canning puts a lot of emphasis on putting out quality work, espe-

cially if the piece is for commission. "Sometimes I send pictures of preliminary designs and keep checking in with my customers for their approval, just because it is a more personal process than just seeing something at a sale and buying it, it's working with a customer."

Although she has turned it into a business, jewelry making is primarily a hobby for Canning. "I mostly just make it as a hobby and sell it on the side. I don't exactly make much money from

▶ see BEADS page 10

Kirchhof-Glazier unexpectedly finds faith, leads JC health professions

from KG page 9

a religion which accommodates those views

It was not through KG's church shopping that she came to the Baha'i faith, but through music and community involvement her first year in Huntingdon.

"I used to play my guitar for community functions, and the Baha'is asked me to play," she said. "I asked them what they believed in. And they said, 'We believe all religions are one.' The antennas went up."

Soon after this point in the interview, KG does not need me to prompt her with any more questions. She enumerates principle after principle that draws her to her faith, and I can tell that her devotion is real. But it would be a mistake to say that this love of Baha'i distracts her from science.

"There is a unity of science and religion," she said. "Truth is truth, and [science and religion] are just different ways of looking at truth."

Baha'i has also helped to shape the way that KG looks at work.

"Work in the spirit of service is worship," she said. "So if I'm in a rotten mood, I start thinking of



PHOTO COURTESY OF DR. DEBRA KIRCHHOF-GLAZIER

work done in the spirit of service. I change my attitude."

The element of Baha'i that really makes KG the ideal person to run a health professions program at Juniata, though, is its emphasis on trustworthiness.

"This life is a crucible for learning, and we are here to learn attributes. The most important attribute around which everything else revolves is trustworthiness," she said. "I try to do everything that I

do as trustworthily as possible."

Having navigated the health care system with her disabled son, Darren, KG has been exposed to a fair amount of untrustworthiness. One level of this untrustworthiness KG notes is that our health care system does not focus on food as medicine, a method that she firmly believes in both as a scientist and as a woman of the Baha'i faith.

"You are supposed to consult competent physicians, and you are

supposed to pray because science and religion are in harmony," she said. "But you are not supposed to take medication longer than you need it, and you're supposed to try to balance it out with food."

One of the primary teachings of the Baha'i faith is that of progressive revelation, which KG uses to explain why science and health care have not reached their full potential or exhausted all possible resources, such as food as medicine.

"It's almost like a transducer in physiology. God's divine energy will be sent to a messenger, who will explain whatever God wants us to know at that particular time in history," she explained. "Every one of them, Moses, Buddha, Mohammed, Jesus, is part of a gradually unfolding progressive revelation to make us understand."

"In some respects it's understandable for where we are today," she said of alternative medicine's rejection by the mainstream scientific community. "We just don't understand it yet, so we don't accept it."

KG spends the greater part of twenty minutes telling me the "cool" and "totally awesome" things about the Baha'i faith. Yet every word she says is valuable to contradicting that core fallacy that you cannot be serious about religion and science at the same time. Most of all, her enthusiasm is not to be mistaken for attempts at persuasion.

"Every day you make the faith a part of your life without proselytizing," she said. "You turn towards that source of inspiration every day and try to get your life in line with

International students' education undermined by language fluency

▶ from LANGUAGE page 9

Senior year comes along and the fear and excitement escalates to the peak as decision letters start filling the mailbox. You have already prepared yourself for a couple of rejections, written in a passive tone to avoid confusion and emotion. If English is your mother tongue, then this scenario pretty much sums up your worries. If you are an international student, however, I wish you the best of luck on that

English language test.

It is at this point that I wonder if the term "language barrier" isn't really as much of a barrier between two languages, as it is between two much bigger concepts. To further clarify my point, I will introduce you to Jungmin Shin. Aside from having all the qualities of a respectable friend, she was what we used to call "the brain," because she, not even once, got less than a hundred percent on any tests in Calculus and Organic Chemistry, which

were allegedly the two most difficult courses in the curriculum.

Application season passed, and we were more excited to hear the news of her acceptances than our own. One day in April, we noticed that she was unusually quiet in class. After many concerned questions, she finally told us that she had not been accepted to any of the top universities to which she had applied. Already disappointed, we were appalled to find out that the admissions dean of one of the universities was kind enough to indirectly tell her the reason for her rejection by suggesting to her to take the TOEFL test again.

Being Korean with English as her second language, Jungmin's TOEFL score was below the minimum that was needed to ensure her the future she deserved. Her grammar may not have been perfect, but her genius surely made up for it. It is situations like these that make one question the criterion based on which abilities are assessed.

Being successful in academic areas such as mathematics and chemistry, which deal mostly with symbols and logic, do not necessarily require a perfectly proficient English speaker.

Denying one the chance to a worthwhile future because of something like language, which can be fixed with a few extra courses, is the reason why we might be loosing individuals whose great minds speak brilliance, but just in a different tongue.

Crossing the racial line: individuals must find their comfort zones

▶ from LOVE page 9

He continues to explain how the experiences with minorities can impact the relationship. "So now we are going to bring an African American person who talks about race, jokes about race, gets frustrated about issues around race and has it in their idea set all the time with someone that never has really thought deeply about it," said

Welliver mentions that minorities can deal with racial topics better and feel more comfortable talking about racial discussions on

"The African American is more equipped ... whereas the white person, because there in a dominate group and they haven't really felt the need to figure it out or maybe they felt that it was taboo to talk about, they are not as equipped to talk about it," said Welliver.

My previous topic on attractions in our last issue led me to ask a question on preferences and whether or not that plays a big role

in choosing who to date or not. I have heard from some friends of mine that they prefer to not date outside of their race. To this, Welliver offers me his opinion and sociological standpoint.

'Are we kind of almost trained to have a certain idea of what is attractive and what is not? Are different groups given different feelings that develop overtime because of the social forces around them that makes someone attractive and someone less attractive," inquired

The interview with Professor Welliver made me look at how I viewed my relationships. Am I attracted to people because I was trained to be?

I assume that I like who I like because I am my own person. I have no problems with dating outside my race, but I know that for other friends that might be difficult based on their unique backgrounds.

I do not want to seem critical of others who decide to make a conscious decision to stick inside their own race to date. I do feel, to an extent, that you are going to like who you will like. You might not find that student in your English class attractive and race should not affect those perceptions.

Yet, are we limiting ourselves by using "preference" as an invisibility cloak?.

I encourage people on their misadventure to find someone who might not fit the norm of who you date, race included. Be adventurous, try anything once, and enjoy the journey.

Students' accessories sold on Facebook

▶ from BEADS page 9

it, just because right now I'm busy with college," said Canning. "I'm working on my wildlife certification, so it's almost a secondary emphasis."

Since most of her work is selling premade pieces rather than individualized commission pieces, she spends her time at home over breaks making jewelry to sell. "I mainly just make whatever I can whenever I feel like it. I don't have my bead stuff at school, but whenever I go home I just churn out a bunch of things. I usually save them to make them ready for a sale should anything come up. It's actually really spontaneous and I really don't know when the next time I'm going to sell is," Canning said.

Canning has been making jew-

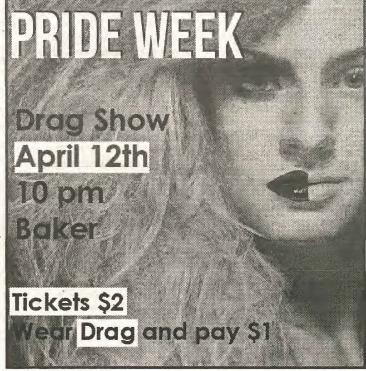
elry since she was in elementary school.

"It's a funny story, I actually started out when I was quite little, and my mom bought me this little plastic bead kit. It was just to keep me entertained, but I really liked it," said Canning. "Then when I was maybe in third or fourth grade, I got my start on the jewelry making with mostly plastic, just kind of cheaper, less valuable beads, just because it was a hobby and I never sold anything ... that's really how I got started but I kind of moved up when people started asking me for pieces."

Now she makes pieces using glass and metal beads, among other materials. "It's kind of assembled components, mostly just individual beads on the strand or a lot of wirework. Not so much jewelry in the sense of, say a jeweler's trade where you inlay gems and whatnot," said Canning.

Currently, Canning sells necklace and earring sets for around twenty five to thirty five dollars, depending on the materials used. Besides the business' Facebook page, she can be contacted at her professional e-mail, b.coolbeads@ gmail.com.

As for the future of Cool Beads, Canning said "I'm kind of downscaling right now, just because it's harder to manage and I have just a bunch of surplus stuff. I mean, I usually just make a bunch of things but then it just piles up and it's hard to find a place or time to sell it. Once I'm out of school I hope to make it kind of maybe a job on the side, maybe sell to local businesses wherever I am."



Digital age finally hits the silver screen in Huntingdon The Clifton 5 theatre fundraises to cover the \$250,000 price tag of new projectors

By Spencer VanHoose

The Huntingdon Cinema Clifton 5 Theatre has to switch from traditional 35mm film to digital projectors in order to stay in business. This change is costing the theater over \$250,000 and is proving to be a difficult task in raising the money.

Though 800 small theatres like The Clifton 5 have shut down across the country due to this switch-over, Dave Peoples, the owner of the theatre for over 30 years, is not going to let it close his business.

"This is rolling, [the switchover,] but something could always happen," he said.

The theater should have the new digital projectors by the middle of May, before all the summer movies come out. Peoples is conducting a fundraiser to hopefully cover the remaining costs of the projectors

"We were about \$15,000 short, that's why we are doing the naming rights for the auditoriums and the tags on the seats. When we couldn't get these two projectors, it takes us up to about \$30,000 short," said Peoples. The theatre was counting on two less expensive projectors for the smaller auditoriums, but they were not available for purchase yet.

Anyone can buy the rights to name one of the three remaining auditoriums for the cost of \$4,000.

"We already have two of them claimed. The number two auditorium, which right now is the biggest, is being named in honor of James Kalos Sr. He was the manager here for 23 1/2 years," said Peoples. "My mother and I are buying the naming rights to



RACHEL MURPHY/JUNIATIAN

The Clifton 5 theatre on Washington St. in downtown Huntingdon is required to switch from 35mm film to digital film. It has been a struggle for the business to acquire the funds, but the owner is determined to keep the theatre open. The cinema has recently been fundraising to cover the costs.

auditorium number one, in honor of my dad who cosigned the loan in order for me to open this place up."

Funds have also been raised from community members buying nameplates for the theatre seats. So far, Peoples has raised close to \$9,000 and will continue with the fundraiser until the \$30,000 goal is reached.

"We are starting out with auditorium number 2, which is the most expensive," said Peoples. "The center section is \$50 a seat,

the side sections are \$25 a seat and you get a little plaque that's riveted onto the seat."

The theatre does more than provide entertainment for people; it holds together the entire community.

"One thing people don't understand is if we're not here, this is going to affect the whole community. If you're going to Altoona to see a movie, you're not eating in Huntingdon," said Peoples. "Stores in the area, including Wal-Mart, will lose because there's a lot more stores [in Altoona] and they're going to shop up there."

Local Junior Leo Scalia goes to The Clifton 5 often and doesn't know what else he would do in Huntingdon if it were to close.

"Probably have to save all our money for gas to leave town. There wouldn't be anything in town to do. It would make it even more boring to live here," said Scalia.

The Clifton 5 is a good place for bonding and mood-setting.

"During the field hockey season, we go to the movies as a team

bonding experience," said freshman Katie Landis.

"I personally like going to The Clifton 5 because it is so much different than the new theaters that I am used to. I come from a large suburban area where we don't have classy theatres like Clifton 5. When I have gone to see a scary movie, the old gothic feel really sets the mood much better than a new IMAX theater."

The theatre also works with Juniata clubs to help them raise

▶ see CLIFTON page 12

On the air: Juniata's student-run radio



In the age of iTunes and Pandora, why would anyone still bother with the frustrating turning of the dial to find something to listen to on the radio? The idea might seem crazy, especially when you can find instant gratification in listening to your own music library and ersonal playlists, never having to deal with annoying commercials and weird banter. Sounds ideal right? Well keep reading, because I have a whole list of reasons as to why you should listen to radio, and more importantly, Juniata College's student-run radio station.

92.3 WKVR FM is the name of the station on campus. Never having actually listened to it myself, I decided to try something new and sit down with one of the numerous DJs and find out what all the fuzz is about. I listen to the radio when I'm home-why not when I'm at college? The college station in my hometown has introduced me to a lot of great music and hilarious strange ads for mattresses and shady day spas, so why have I never, after two years of going here, ever thought to check out our

own? This seems like a classic mistake of any college student. Loving music but not listening to his or her own college radio! I know you can empathize with me here. So I went in and checked it out.

The setup of the station is pretty cool if you have never physically been to it. It is located upstairs in Ellis, near Eagle's Landing. You can't miss it. It even has a giant glass window so you can see the student inside running it late at night. Anyway, I popped in and sat down with radio personality and DJ Candice Cain to find out about Juniata College's own radio station. Now Candice Cain has a real name, but on the air you are not allowed to use your real name for protection of identity, so we are going to refer to her by her DJ persona instead.

A DJ in radio terminology is the disc jockey that controls the boards and plays the music during a live broadcast of the show. There are multiple DJs at the station. Anyone can sign up for a slot to put on his or her own show, and it doesn't have to be music. It can be anything from news, to sports, to a comedy act, to reading novels live on the air to just about anything within FCC regulations. Candice Cain runs the '90s alternative and grunge program every Sunday from 7-9pm, which happened to be when I caught her to do this in-

Each student that runs the radio signs up for a weekly time slot that listeners can tune into and hear their favorite program every week, like in the good old days! Only it is revamped for the modern audience and generation so that they can not only hear it on the radio, but stream it live online as well, which is pretty cool. Candice commented that, "I know it was kind of recent, we are just now in the development stage so we recently within the past couple months have just got it streaming online so we are still trying to get people to listen and advertise and all that."

So with the station just now being streamed online, the hope is that it will pull in a grander audience. The audience currently is predominantly, as Candice explained to me, "mostly the prisoners from the state prison," which to me is pretty cool and fascinating. They even go so far as to write letters to their favorite program DJs saying how much they love and appreciate their shows.

It is great that the radio on our campus has such a cult following with the locals and the prisoners, now it just needs the student body behind it! The station is run voluntarily as: Candice expressed to me, "it is totally volunteer, it is just a club." Which is fascinating because it is such a big operation

▶ see MUSIC page 12

"Good Omens" a great read



Today my book of choice is "Good Omens," by Neil Gaiman and Terry Pratchett, and I've been wondering whether this was a good topic for my column- but not for the reason you may think.

I've been staring at a blank word document for the past 10 minutes, wondering how I was going to compose my introduction. I have a formula for these columns, you see. I read the book, and think up all sorts of clever and witty things I can say about it. Then I organize those comments, add some summarizing, and write it all down.

I can't do this for "Good Omens." It's already made all the witty comments for me.

Okay. My task right now is to make you want to read this book. If you're a person who is already a fan of nerdy books, like me, you've either already read it, or were sold on it immediately after reading the words "Neil Gaiman and Terry Pratchett."

I've written at length about Gaiman in previous columns, but Pratchett may be new to you. Pretty much the only reason I haven't reviewed any of his books is because he's written like forty of them, and I can't choose just one. Anyway, he's the author of the satirical fantasy series "Discworld," and his satire-writing skills combined with Gaiman's talent for words makes "Good Omens" something special.

The plot is quite in-depth and switches between a large cast of characters, as is common in a Pratchett book, but I'll give you

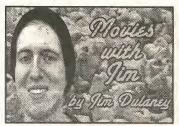
The Antichrist is sent down in the form of a human baby to prepare for the last battle for humanity's survival. There's only one problem: no one can find him.

the basic scenario.

5000 years of living peacefully on Earth has caused Aziraphale the angel and Crowley the demon to strike up a tentative friendship. One thing they can agree on is that they really don't want the earth to be destroyed. Unfortunately, their bosses have different ideas, and the Antichrist is sent down in the form of a human baby to prepare for the last battle for humanity's survival. There's only one problem: no one can find him. It turns out that

▶ see READING page 12

Films about films show depth of art form



Several years ago, video gaming circles were engaged in the debate over whether or not video games constitute as art. Proponents of the idea made the argument that of course they are, pointing out that game design involves countless hours of creative input, including creating artwork, environment design, musical compositions and programming itself. Detractors, such as the U.S.'s most famous film critic Roger Ebert, who's 2010 "Chicago Sun-Times" article "Video games can never be art" laid out his position quite clearly,

The same discussion has occurred whenever a new form of media has emerged and has weathered the time that it takes for a significant body of work to emerge within it. Popular music, photography, the novel and, what I'm eventually getting at, film, have all been subject to this debate. The novel, for instance, was not considered an art form until well into 19th century when Henry James' essay "The Art of Fiction" did a great deal to validate the medium of Dostoyevsky, Dickens and Twain as more than just a pastime for the middle-class.

In addition to showing that I paid attention in Dr.. Hochberg's Major American Writers II, this suggests one of the central criteria for a form being considered art is that there are people producing media that casts the form as art. It's like a logical escalation of the combination of desire to escape reality through art and plain narcissism. Which aren't bad things, by the way. Even thinking that one has something to contribute artistically, when the world is teeming with brilliant media, is a form of narcissism. Probably the best one, actually.

Journalist W.G. Faulkner, who began writing a film column in the "London Evening News" in 1912, is considered the first film critic; now every rag has got someone to tell people what to watch and hold forth on what they feel cinema is and should be. That kind of stuff is easy, though; anyone with a writing utensil can do it and, unfortunately, a lot of them probably shouldn't.

Usually of more interest is what filmmakers themselves have to say about films. Filmmakers burn with passion about cinema- why else would they dedicate their lives to it - and have the most comprehensive understanding of what it means to make a movie. Films about films run the risk of self-indulgence - as do movie columns, I suppose- but it's a job and, moreover, a lifestyle. If someone has been working in film for years and has the opportunity, there's a good chance they'll have something to say about it.

Such is the case with the 1963 film "8 1/2," directed by Federico Fellini. Following a veteran director named Guido who is juggling the directorial duties of a failing film and multiple women, it's legendary Italian director Fellini's lush meditation on a life of filmmaking. I know most students won't be keen to watch a black & white, Italian-language, two-hour plus mental epic, but the film, like protagonist Guido's wife and mistresses, is beautiful. Fellini was known for his surreal, exuberant sets and they serve as an absorbing backdrop to the story of his mental deterioration. Check it out; people will think you're smart, if they don't think you're an art snob. Also, as an odd side note, despite Fellini's conflicted attitude toward his Roman Catholic upbringing, the Vatican declared "8 1/2" one of the 45 best films made before 1995; I guess the Church, too, has a film critic.

For folks seeking more "intellectual development" to complement their viewing pleasure, Sophie Fienne's 2006 documentary "The Pervert's Guide to Cinema" hits the viewer with unusual interpretations of iconic films from the dawn of film onward. In the film, Slovakian philosopher Slavoj Žižek hands down psychoanalytic interpretations, accounting for the 'pervert's guide" moniker, of "The Wizard of Oz," "Fight Club," "Star Wars Episode III," "Psycho," "The Matrix" and many others. Žižek has received the somewhat counter-intuitive title of "hippest" contemporary philosopher; in 2011, he was reportedly romanticallylinked to Lady Gaga, which he denied and which was then, naturally, theorized as his detractors trying to discredit him as a Marxist. Fiennes interpolates him into the classic films in a way that is entertaining and that lets the viewer thoroughly enjoy his high-minded ravings.

For example, thanks to Fiennes artistic touch, we get to see Žižek bluntly inform Morpheus, "the choice between the blue and the red pill is not really a choice between illusion and reality. Of course, Matrix is a machine for fictions, but these are fictions which already structure our reality. If you take away from our reality the symbolic fictions that regulate it, you lose reality itself!" Or, when just watering his tulip garden, he opines, "I think that flowers are something inherently disgusting. Are people aware what a horrible thing these flowers are? Basically, it's an open invitation to all the insects and bees 'come and screw me."

Another enjoyable about moviemaking is the 2002 film "Adaptation," directed by Spike Jonze and written by Charlie Kaufman. The film recounts the failed effort of screenwriter Kaufman, played by Nicolas Cage in an out-of-type role, to adapt a short story into a screenplay and being met with writer's block and personal drama. The asocial and anxious misfit lead character is similar to Jim Carrey's character in "Eternal Sunshine of the Spotless Mind," but Cage embodies him very well and makes him likable and sympathetic instead of distant. Furthermore, Cage is hilarious in a dual-role as Kaufman's twin brother, who frustrates Charlie by taking up screenwriting himself and finding success with his inane scripts, while Charlie flounders trying to create something special.

Kaufman has a long history of screenwriting, doing TV writing and unaccredited re-writes before becoming a success through his work on movies like "Being John Malkovich," "Eternal Sunshine and Synecdoche" and "New York."

In "Adaptation," he squares mundane autobiographical detail and day-to-day anxiety up against big cinematic clichés, like a chasescene at the end, and screenwriting archetypes to create a highly selfreferential, almost mind-numbing movie that remains enjoyable throughout.

Witty world's-end satire

► from READING page 11

he was switched at birth and has spent the past eleven years growing up quite ordinarily in a small English village.

Aziraphale and Crowley set out to find the Antichrist and stop him before the world ends. It's ending very quickly, too. Turns out the kid seems more interested in saving the whales than raining down fire and brimstone. Add a completely accurate book of prophecies that everyone has been reading wrong, the four Horsemen of the Apocalypse-well, actually Horsepeople ... more like Bikerpeople, really-and a team of witchfinders, and the only way to describe the mess that occurs is that... chaos ensues.

"Good Omens" is a book meant for rereading. The scope, as I mentioned before, is huge. Some people's view of satire is that it has to be constantly laugh-out-loud funny, but Pratchett's humor is more understated, contained in wordplay, tangents and footnotes. He also knows when to take subjects seriously—there is a surprisingly sharp and intelligent commentary on religion and the Christian mythology hidden underneath the jokes about Queen tapes. Gaiman, who as I mentioned before, is very good at horror, matches Pratchett's tone to provide some truly scary moments. All of this writing calls for lots and lots of rereads, and it was a lot of fun rereading this book myself and discovering still more jokes, puns, and implications that I didn't catch the first

There are so many characters I don't even think I could list them all here, and all have an important part to play in Aziraphale and Crowley's adventures. I suppose you could call those two the main characters, and what enjoyable characters they are. Some of the best and funniest parts of the novel are simply them interacting. The Antichrist, ironically named Adam, is quite a compelling character as well. Like all boys his age, he just wants to be normal, but the little thing about him having world-ending powers that he doesn't know how to control is causing a bit of a problem.

So at this point I really don't know what else to do except start quoting the book, in which case I'll never stop, or just tell you I can't make my description do it justice and you should really just read it. Here are two of the greatest modern speculative fiction authors of modern times, collaborating on a book about the end of the world. It has lots of wry British humor too, if you're interested in that sort of thing. There are also lots of characters with silly names, which Pratchett likes, and if you like that to you should check out "Discworld." And there's going to be a TV series, hopefully, which could

Oh right, before I forget: "Good Omens" has no chapters! There's a serious possibility you might not be able to find a good stopping point, which in my case meant I ended up reading the whole thing in one sitting. So have fun.

92.3 WKVR FM caters to a variety of musical tastes

▶ from MUSIC page 11

to manage, but the students in the club are up to the challenge bening the radio station.

at the station the music directors have a playlist that is an assort-

to Justin Bieber" as Candice ex-Now when the students are not plained. So it has enough variety that when the show is not live the listeners can still enjoy music that

Name an auditorium for \$4,000, seat for \$25-\$50

▶ from CLIFTON page 11

money.

"The Clifton is actually really helpful for a lot of clubs on campus," said Junior Diane Nguyen, who is the current president of Power Up Gambia. "Generally, we rent out the theatre for an entire evening. Everything we make is for profit. We don't have to pay anything back except the \$90 rental fee."

The Power Up Gambia club uses the money to buy solar panels for hospitals in the Gambia, but is now working on a new project to buy portable generators called solar suitcases.

Senior Melinda Wilk, who has

been the mission chair for the past three years for the Dance Ensemble Club, has also fundraised for her club at the Clifton 5.

"The last one we did was in February; the weekend of Valentine's Day. Actually, it was one of our most successful. We made a little over \$400 I believe," said Wilk. "I don't know if it was the day or the movies playing, but we always try to plan around special movies."

Because there is not much else outside of campus for entertainment, clubs rely heavily on the theatre for fundraising.

"We generally try to do it at least once a semester. [The club raises] anywhere from \$200 to \$300, but it really just depends on what movies are out," said Nguyen.

"We also do our carnation sale, but that takes a lot more time and energy," said Wilk. "We raised around \$200, but it makes far less money than the theatre." The Clifton 5 is the only business they use off-campus for fundraising.

Peoples plans on adding extra shows on the weekends that Juniata is not using the theatre to help with the cost as well. Though there is going to be a slight fiftycent increase in ticket prices as well as concession prices, he does not have any plans to change his working relationship with the Juniata clubs.



Senior athletes plan to continue athletic careers

Four graduates will move from playing to coaching following graduation this Spring

By STEPH PAGLIARO

In high school, some students feel that they are not ready to give up their sport and decide to continue to play in college. But after four years of college, some have developed such a passion for the game that they do not want to leave the sports world after graduation.

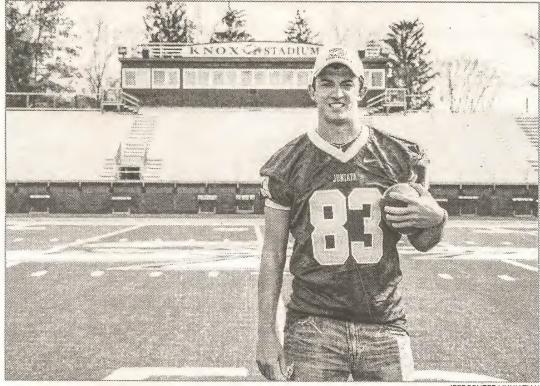
Many Juniata senior athletes do not plan on giving up their athletic careers and will go on to coach after graduation in May. A few of these students include Kelsey Fuller, Julian Valdiserri and Caroline Phillips.

Fuller is a captain on the volleyball team. She will be taking the assistant coaching position for the varsity volleyball team at Red Lion High School, where she graduated.

Being an athlete has always been second nature for Fuller. "I have been dancing since I was three and I started soccer when I was six," said Fuller. "When I was 15 I started playing volleyball."

Ever since then, sports have had a large impact on her life. "Volleyball has taught me a lot about myself and my passions in life. It has taught me how to be a good teammate and friend. The number one thing I have learned is how to support others," said Fuller.

There were two main people who inspired Fuller to go into



JEFF BRUZEE / JUNIATIAN

Senior Julian Valdiserri will be moving from the playing field to the sideline next fall. Like Valdiserri, many Juniata seniors will continue to stay involved in sports through coaching. Valdiserri is still deciding where he will coach.

coaching. "Larry Bock was definitely one of my biggest influences," said Fuller. "He is the winningest coach in all of NCAA volleyball and he is a huge inspiration. Also, Heather Pavlik has been a big influence and taught me a lot about coaching."

For Fuller, coaching will soon

become a huge part of her life. "For now, it is just going to be a side thing. But I truly do think that eventually it is going to become my way of life. It's going to become a full-time career for me."

As Fuller prepares to graduate and move on, she knows that coaching is what she truly wants to

do. "I really have a passion for the game. I'm not ready to give it up completely. I am ready to take on the game from a different perspective and use the knowledge I've learned to help change other people's lives. I really want to make sure that kids stay involved in sports and stay on the right path,"

Valdiserri, a captain on the football team, is currently trying to get a college coaching job. However, he has no idea where he will

"I'm completely open right now," said Valdiserri. "I don't care where I end up. To be a college coach, you have got to be able to adapt in new places. I am really looking forward to being able to travel a little bit."

For Valdiserri, being involved in sports was never much of an option. "My uncle coaches at North Allegheny and my grandfather coaches at Mt. Lebanon. I have been on the football field since I was said Valdiserri.

Sports have always played an important role in his life. "Sports have kept me involved and kept my time management skills up. While playing a sport, you're always busy with something and I love to stay busy," said Valdiserri.

Valdiserri is already getting a taste of coaching while helping with spring football here at Juniata. "To be coaching rather than playing is very different," said Valdiserri. "For the first few days of spring ball here I was wishing that I could be out there

▶ see SENIORS page 14

Role of athletics at JC Kepple, Troha embrace the Eagles

By CHRIS BEALL

Most of the time, people are defined by their roles. Whether it is in the house, at school or at work, everyone is given some kind of role. Juniata has many different people and different departments with their own roles.

Athletics brings in a number of students each year to a place that is described as being in the middle of nowhere. Division III athletics programs do not depend on their sports teams to bring in high revenue, but these teams are still very important to the college.

"It provides very important activities for students. Both in terms of physical activities as well as leadership opportunities and lots of other things that are important for student development," said Juniata College President Tom Kepple.

Not only do sports provide for activities for students to participate in and have them learn very valuable life skills, but it also is part of the college experience.

"You come to a division three institution as a student first, and athletics is a supportive activity to your academic goals. It attracts students to the college and provides a balance to an institution that I believe is very important," said future college President Jim Troha.

"Like all activities that students can do on campus, it teaches students things that are useful for the rest of their lives. I valued my experiences as a student athlete so I know what the importance is of learning as a student athlete," said the Faculty Athletic Representative Randy Rosenberger.

Even though sports are very im-

portant on campus, compared to other schools, Juniata lacks high quality facilities for its athletes. For instance, the tennis team has to go to Altoona every time they want to practice indoors.

"I wouldn't be troubled if more resources were available for athletics. Juniata kind of has a fixed pie of resources. Given the quality of what the coaches do, it would be a nice thing if they had more to work with," said Rosenberger.

"I believe we need something like that. It's more than just a building that screams athletics. We could have commencement in there, job fairs, and we could even bring the community in for events," said Troha.

The master plan for the college involves many different changes for the betterment of the college as a whole. In those master plans there are future goals to build a better facility for athletics and other students to use.

"If you look at our future plans, we have a great indoor facility designed to be added to the campus. This would be when fundraising provides us the funds to do it. It probably won't be within four years, but I'm sure future students will see a great addition to our campus," said Kepple.

For a division III athletic program, it is important that students come to school as a student first. The athletic departments and academic departments must be able to work together as well.

"There is pretty good harmony between academics and athletics. I think athletics is a welcome

► see ATHLETICS page 14

Spring weather creates packed schedule Not enough time or space for teams that require it

By JARRETT LEVESH

As spring comes rolling around and the temperature goes up more every day, teams at Juniata are ready to get outside and use the brand new turf and the track.

The new turf field has peaked the interest of many teams. "It's new and everybody wants to be a part of it," said coach Shawaryn who is the assistant coach for men's volleyball and a strength and conditioning coach for many teams at Juniata.

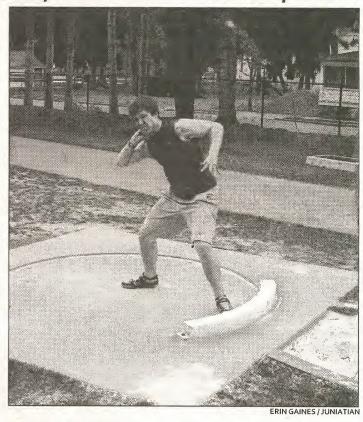
Coach McKenzie who is the assistant athletic director for outdoor facilities and the head women's soccer coach takes care of all scheduling for Knox Stadium and Oller Track. "When you get a surface that allows you to play in all different weather conditions, you naturally have an increase in demand," said McKenzie.

"The conditions are twenty times better than they are behind Ellis where we used to practice, its pretty beat up back there," said Shawaryn.

With spring sports now in full throttle and fall sports in their off-season workouts demand for use of the field is at a yearly high. With all of the teams needing to practice and only so many hours in the day there is bound to be some conflictions. "Not everyone gets exactly what they want," said McKenzie.

In order to get the scheduling done there is a process that must go on. "All the coaches meet together and decide what's best for each other on each day," said McKenzie. "They meet until they decide how it is all going to work."

"When the coaches get to-



Huntingdon High athletes share athletic facilities with Juniata. The schools have an agreement that allows high school students to use the track.

gether they each have an ideal time they want to use the field," said Shawaryn. When this happens the field gets filled up very quickly. "There are certain hours that the place is just locked and busy," said Shawaryn.

Too add to the list of teams there are programs outside of Juniata that use the facilities as well. "The college has an agreement with Huntingdon High School and the community center to let them use the facilities," said McKenzie.

Juniata also likes to make sure that the high school has the field to themselves. "We don't want any of our groups sharing the field with the high school kids," said McKenzie. "They get their time and we get ours" At times this is a good thing, but it can also pose problems for teams that need the field.

"I went down there with guys soccer to run a two mile and the head coach of the high school track team came over wondering why we were using the track during their time," said Shawaryn.

see TRACK page 15

Tennis wins first conference match in three years Momentum from undefeated fall season builds confidence for a successful spring

By AAREN SELLERS

With both the men's and women's tennis teams holding a record well over .500 and the women on the verge of making school history, first year Head Coach Jason Cohen is highly pleased with both teams.

The men currently have a record of 10-4 overall and the women are standing at 11-4. Having nine wins under their belt the women's team holds the most wins in a season since 2009-2010 and tie for the second most wins in program history.

"It's going really well. Both teams are currently sitting over .500 and the girls have surpassed their win total from last year already and we are only about half way through the season," said Cohen. "Both teams are playing well along with having good results. I'm pretty excited with how the season is going so far.'

Bouncing back from last year's 7-2 loss to Drew, the women defeated the Rangers 8-1 on Mar. 28 to get the momentum up for the season. This new found confidence is definitely aiding their success and they are not about to back down now.

"Winning our first conference match in three years against Drew was a high point in the season this year," said junior Megan Phillips. "Also, coming out of spring break with a winning record is something I haven't experienced in my time here and it got me and the rest of the team extremely pumped to begin our season back here."

Plenty of young talent and confidence is proving to be a good mix for the Eagles, but there are still



Freshman Mike Lifshitz practices with the men's tennis team. The Eagles are on a five match winning streak and currently hold an 11-4 record. The team will travel to Moravian College on April 13 for their upcoming conference match.

small improvements that the team is focusing on.

Playing Goucher, they were a tougher team and it was more of a stressful match so we all had to push ourselves," freshman Tori Gray said. "We had to do everything that we could to win as many matches as we could. Overall, our doubles are really strong. But as far as playing in certain weather conditions we need to become better prepared."

Adding four freshmen to the roster, the men's team is doing a great job mixing the old with the new. Starting off the fall season and into the spring, the Eagles held a three match winning streak.

The men's team still feels like they have a lot to work on. "Overall consistency in the matches. I feel like every match one player is playing well and maybe one player isn't," said Cohen. "It changes match to match and I feel that if we can bring more consistent performances as a team it will help us

"The hardest thing of the year has been incorporating the new freshmen into our line up and them integrating into the team," said senior Brice Morey. "It's made us a lot stronger in that aspect and I would say more confident in ourselves. Knowing that we can actually go into playoffs and be the team that we want to be."

improve overall."

For the men's team, their impressive depth shines through their matches, currently having senior Brice Morey and freshman Bryan Gregory holding fourteen individual wins each. And the women's team is doing especially well in the

doubles aspect.

"Coach has put majority of our focus into doubles and we have been able to develop our doubles game into the major strength of the team. Which is important when doubles is played first in matches because it gives us confidence to finish the match if we come out of doubles with the lead," Phillips added.

"Cara Stough started off the Spring season 7-0 in singles playing at number 4 and 5 and has been doing pretty well all season," explained Cohen. "For the guys, one of our seniors Brice Morey has been winning a lot playing mostly at number 4 and Justin Wisniewski has been playing pretty well at number 1."

Having a handful of upper class-

men on the men's roster is proving to be beneficial for the team feel.

Leadership and ence are both playing a key role this season, and the team has some individuals in particular that are stepping up to the challenge. "Definitely Elliott Perow. He's a really good leader and captain for us," Morey commented. "The two incoming freshman also, because they are freshman coming into this and they're doing a great job."

The women's team has no seniors and only one junior, Phillips. She helps guide the team and all of the players join in to create a tight nit vibe.

"There is really no one on the team that doesn't play at all. So, everyone tries their hardest when they play," Gray added. "I know our captain Megan Phillips is always the one to get our team pumped up, and Heather Waring as well. We try to get as rowdy as possible and keep the team aspect going and strong.

Cohen and both teams all have the same goal in mind for this season's end. "Our goals are the same goals that we had to start the season. That is to make the playoffs with both teams. Both teams are in the right position. We're 1-1 in the conference so we have a lot of our conference schedule left to go," said Cohen. "We'll see what happens but both teams capable of making the playoffs and believe that they can."

The Eagles will look to use their momentum heading into conference playoffs.

Facing new shoes to fill

▶ from SENIORS page 13

running around and catching balls with them. I definitely miss it a lot."

He knows that he will miss playing football at Juniata. "The thing I'm going to miss most is the sport itself and the contact of the sport. Being able to play for four years with the same group of guys was one of my best memories and I have learned a lot," said Valdiserri.

The passion that Valdiserri has developed for football will be a lasting one in his life.

"My love of the game has inspired me to continue my athletic career. If I didn't have football, I don't know what I would do with myself."

Phillips is a field hockey captain who also plans on returning to her high school to coach. "I will be coaching field hockey and lacrosse at Concord High School in Wilmington, DE," said Phillips.

Phillips has not always been planning on coaching after college. "I started helping out with indoor hockey in high school when I was a senior. When I graduated, I went back to visit lacrosse and they just offered me the coaching job."

She also noted the positive impact that sports have had on her life. "Sports have taught me self-control, time management skills and discipline," said Phillips.

While Phillips looks forward to coaching, she will not be making a career out of it. "It's going to be more of a hobby for me," said Phillips. "My full-time job will be teaching."

The competition of a collegelevel team is what she will miss the most about playing field hockey at Juniata.

"I hope to still be playin an adult league after graduation. It will be different to not be on a competitive team. I'm really going to miss the level of competition," said Phillips.

Even though their careers have come to an end, these seniors will always be able to make a difference coaching the sports they love.

Sports valuable to Juniata community

▶ from TRACK page 13

part to the campus community. I think most faculty, if not all, understand about students and athletics. I think that relationships and the acceptance of the role of an athlete at Juniata are pretty good and I am very happy with that," said Rosenberger.

"I believe there is a good balance between academics and athletics. I believe that is why students choose Juniata is because of that balance. You are not going to recruit really strong academically minded people without strong athletics as well as vice versa. That's why division

three is so special. It's because the students are participating for the right reasons," said Troha.

Students may sometimes be on the bubble academically when looking at this school, whether it be for one reason or another. Sometimes that student gets in and sometimes they do not. The value of the student does not go up just because they play a sport. The college will not bend the rules just because a student plays sports. It is more about each asset that a future student has.

"It is a variable like what high school you attended, or a variable like what courses you have taken as a high school student. I don't think just because you are an athlete will get you in or play a negative. It is just one variable that we would consider for admission," said Troha.

"It's always a case by case basis. There are always things, including athletics but there are other things like music that would help a student right on the bubble. The students must present the case for themselves. Then it might help them but that is not the only thing that we look at," said Kepple.

When applying to Juniata, a prospective students' acceptance has nothing to do with athletics.



Big changes anticipated for the men's volleyball game JCMVB focuses on business as usual despite major rule modifications in the future

By DIMITRI Ross

As of next year, there are going to be some major rule changes to the men's volleyball game. This could have some major effects on the JC men's team.

The rule changes include no hand passing on serves, the libero will be allowed to serve, and the net call has been eliminated. The Division III Men's Volleyball Committee made these adjustments in order to align with the playing rules used in NCAA National Collegiate competition going forward. Despite the changes Head Coach Kevin Moore, does not believe the changes will have a huge effect on the team.

"The changes will absolutely take some getting used to for our players, there's no doubt about that. I think our guys can handle the transition though," said Moore.

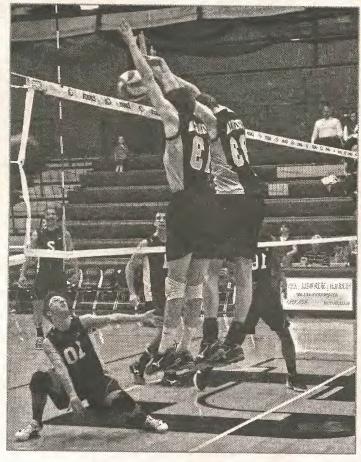
The players are confident in their ability to adjust as well, but do not think it will be an easy task. The unanimous feeling seems to be that it will be awkward to play by these new rules initially, but with time they will get used to them.

"We've been playing by one set of rules for such a long time so of course it will be different. You can't just erase years worth of teaching in a day. It will take time, but in the end I think we will be fine," said junior libero Ben Krouse.

"As a middle blocker the net rules will absolutely affect the game for me. It's not an impossible transition by any stretch, but adjustments will have to be made," said sophomore Joe Bortak.

While the players and coaches both agree that they can work with the changes they realize that changes have to be made. They plan to keep the same approach though.

"I plan to keep the same approach going forward. It's a different set of rules, but that doesn't affect work ethic. We will continue to work hard and strive to be the best team we can be. That is always the goal. Game planning will be a





RYANTRITSCH / JUNIATIAN

Left: Freshman Matt Elias and sophomore Joe Bortak come up with a block for the Eagles against Thiel College. Right: Sophomore Paul Kuhn is back to jump serve for the team. The Eagles lost the match 3-1 on March 27. The team is preparing for conference playoffs starting Friday, April 12 at Thiel College.

little different, but the approach we have every day in the gym will not change one bit," said Moore.

"I'll approach games a little differently just from a mental standpoint. There are different rules so
I have to be cognizant of that. Everything outside of the game will
be the same I think. Our routine
won't change much. We will work
hard both in and out of season and
be ready when it's time to play,"
said Krouse.

"We can't get too wrapped up in the changes. We need to be aware of them, but not overly worried about them. We just have to go out and play the way that we know we can," said Bortak.

Coach Moore says he will not talk much about the rule changes. Like Bortak he believes that team should focus on working hard and playing the right way.

"I'm not going to focus on the rules a great deal. I hon-

66

There are different rules so I have to be cognizant of that. Everything outside of the game will be the same I think. Our routine won't change much. We will work hard both in and out of season and be ready when it's time to play.

-Ben Krouse

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estly think that if our guys just focus on playing everything will work itself out. Over thinking things can make situations a lot more complicated than they have to be. So our main focus as a staff is to let the players worry about playing and we will do our best to put them in spots to succeed," said Moore.

The NCAA is looking to make these changes to create consistency throughout sports at each level. There have been talks of other sports having rule changes at the college level such as men's and women's soccer as well as bowling. While the rule changes may complicate the games initially the NCAA believes the adjustments will help college sports in the long run

As of right now the men's vol-

leyball team is in season so next year's rule changes are not on their minds. They are focused on making the playoffs as the season is coming to an end. They currently have a record of 22-10 and are on a four match winning street going into the Continental Volleyball Conference Championships. The momentum could spark a deep run in the NCAA tournament. The Eagles face Princeton University on April 5 in a final regular season match before the playoffs begin Friday April 12.

"We have struggled at points this year, but I think we are starting to hit our stride a little. You always want to be at your best around this time in the season so I think we are in good shape moving forward,"

Coaches cooperate over use of Oller Track and Knox Stadium

▶ from TRACK page 13

Shawaryn was surprised when the high school team came to use the field. "At first I really didn't even know Huntingdon High School used our track."

He says he will take precautions to make sure it does not happen again. "Next time I want to do something on the track near their allotted time I'll have to call the high school."

Some people do not believe it is fair to share the field with the high school when there is not enough space for teams at Juniata. But others say it is the right thing to do. "It's being good neighbors," said McKenzie.

For the most part the Juniata teams have worked well together to share the facilities when they are needed. "It has been a wonderful example of working together," said McKenzie.

Shawaryn said there have not been any major controversies between the Juniata teams. "The coaches are really good about talking to each other," said Shawaryn.

But at times it has not been so smooth and teams have needed to share the field. "There has been a couple times now where the baseball team has had to share the field with the softball team," said freshman baseball player Jason Reif.

"It was difficult to get all our practicing done while sharing the field, at one point the two outfields of the teams were overlapping," said Reif.

There are many club sports at Juniata who need field time to practice as well. Many of these club teams have to use the field behind Ellis. "Whoever is in season has top priority of Knox," said Shawaryn.

Mike Glantz, a freshman in Juniata's men's rugby club, said there have been scheduling issues with their practices. "A handful of times we have been told we had to move in the middle of practice because the track team was using the area to throw," said Glantz, "sometimes it seems as though there is not for enough room the teams and clubs to practice."



ERIN GAINES / JUNIATIAN

A Huntingdon High School athlete uses the Juniata College pole vault pit for a final practice before the meet on April 11.

Ronnie Gurbal, another freshman who is part of the men's rugby club, agreed with Glantz. "Sometimes we have to share our practice field with multiple teams or clubs at once," said Gurbal. "There were times it was us, the girls rugby club, the frisbee club and

the track team all trying to practice at once."

"It's a two edged sword; we have so much room but just not enough to accommodate everyone," said Shawaryn. "It would be nice to have something else, maybe another field but till the funds are there to do it we have to work

with what we have."

The scheduling process is going fairly smooth so far, but there may be more difficulties in the future, especially the turf field. "I suspect that the demand for that facility will do nothing but increase," said McKenzie.

By Kunal Atit and Jonah Ruggiero



THE JUNIATIAN

What my parents think I do



What the administration thinks I do



What my professors think I do



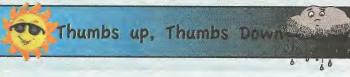
What I think I do



What society thinks I do



What I really do



Thumbs down to the spring weather for doubling the campus population. She doesn't even go here!

Thumbs up to having class outside. Thanks for the "please don't pay attention" lesson plan.

Thumbs up to the weather for finally being nice enough for us to drink outside.

(1)

Thumbs up to the weather for providing us with an opportunity to see the ex-volleyball players back on the court.

Dear Wizard,

I have always been quiet. At times, I feel extremely lonely. I can't seem to make any friends or retain the ones I do have. How can I make friends?

Lonely Loser

Dear Lonely Loser,

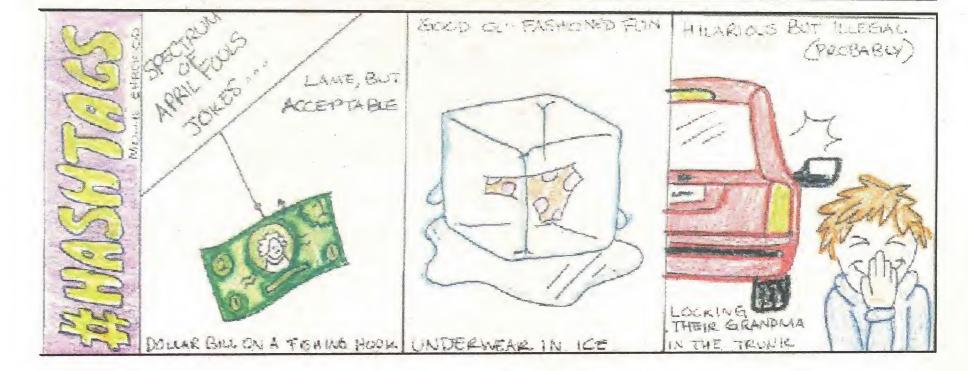
It's not that hard making friends. You probably aren't trying hard enough or care enough, but either way I have a few tips that can definitely help you. First of all, sign up for every club at Lobsterfest next year. Not only do you get to further develop your love of say, bee keeping, but you get to find out that you were really into the Jewish faith all along. Plus, imagine all the people you'll meet at the meetings! Even if you don't join those clubs, their daily email flood should make you feel less lonely.

Another great way to make more friends would be to go down your hall and knock on your neighbors' doors. It's hard to match schedules, so if they don't answer, slide a paper with your personal information on it. They'll surely text you later. Don't include a photo though. That's creepy. Creepy people don't make friends.

Personally, my favorite way to make friends is by sitting with new friends at dinner. Just choose any table, don't be picky. Picky people don't make friends either.

My last tip, if you can't make any friends, would be to just transfer. There's obviously something wrong with these people if they don't want to be your friend. A new campus full of decent human beings is waiting for you.

You Friendly Advice Wizard





James Lakso bids farewell after 43 years of dedication Provost's lasting influence reaches from Juniata community to the economic world

Leaving a legacy of dedication and success, Provost, Executive Vice President for Student Development and Professor of Accounting, Business and Economics Jim Lakso has announced his retirement from the position of provost following the 2013 spring semester. Lakso will continue to instruct within the economics department.

Having earned his bachelor's degree from Wittenburg University and his master's and doctorate degrees in economics from the University of Maryland, Lakso originally planned to spend a short time at Juniata.

"I actually went with a friend to an interview Juniata was hosting at the American Economics Association convention in New York City in December 1969," said Lakso. "Juniata offered me a job and I accepted. I only planned to be at Juniata for a year or two until I earned enough money to complete my dissertation."

In a time when the Internet was nonexistent, Lakso capitalized on the opportunity to work as a professor in the economics department at Juniata



While Lakso is retiring as provost, his legacy will continue in the Principles of Macroeconomics classrooms.

because the college was within close proximity to College Park, Maryland.

"It's incredibly hard to complete your dissertation while working. It's almost like having two jobs,' said Lakso.

As Lakso became increasingly involved in the Juniata community, his original plan underwent drastic change. Lakso has been at Juniata for 43 years, worked within the economics and business depart-

ment for 27 years as well as in various administrative positions.

"Most of my time here has been as a faculty member, and the main thing I can say is that I've had some great colleagues and some strong relationships with students that I still maintain today," said Lakso. "We don't hire faculty to 'fit the mold.' We hire faculty that will influence change."

As a member of the American Economic Association, Dr. Lakso has influenced both the Juniata community and the economic world at large.

In 1983 he was awarded the Beachley Distinguished Professor Award for his article, "A Theory of Justice," which was featured in his publications "Capitalism and Growth of Government" and "Earned Income Differentials."

Lakso, whose areas of expertise are in the labor market, industrial organization and statistical process control, was awarded the Beachley Award for Distinguished Academic Service in 2005. In 2012, he was honorably awarded the Chief Academic Award by the Council of Independent Colleges, an award presented each year to an administrator who exemplifies academic excellence at a private college or university.

"It was a big surprise; it's an organization that I've been a part

▶ see LAKSO page 3

Refectory renovations \$2.3 million facelift for Baker

By ABIGAIL ROSENBERGER

After two years of discussion and numerous revisions to the plans, the renovation of Baker Refectory will begin May 20. Construction is scheduled to be completed four days before students return to campus in the fall.

The renovation is part of an ongoing effort to improve students' dining experiences. Robert Yelnosky, vice president of finance and operations, believes that the renovation of Baker Refractory is nother crucial step in this process.

"It may not be obvious to people, but we've been working hard to try to improve the perception and the reality of the food service," said Yelnosky. "I think we all agree the facility is part of the dissatisfaction."

Throughout the planning process Hal McLaughlin, general manager of Sodexo, has been working to create a renovation plan that meets the expectations of the board of trustees, the administration, students and chefs. "Sodexo, the school, facilities, the student food committee, everybody weighed in on different ideas and thoughts, so there were a lot of people involved," said McLaugh-

"I've been in the initial planning stages with the architects from start to, eventually, the finish," said executive chef Patrick Goodman. "Hal and I have worked together in planning the food stations, concepts, equipment needs and things like that."

Though there are still details to be worked out, the project will include both cosmetic and structural changes. The renovation will involve replacing all of the furniture and flooring, painting the walls and moving many of the food stations.

"Students can expect a fresh, new, more modern look to the din-

ing service," said Goodman. "I think it's wonderful and I hope that it will make meal service easier and more efficient, especially for the students because they only have so much time," said Sodexo employee Laura Shanholtzer.

"Most of the lines will actually be right off of the kitchen, so it will help in supplying food in an orderly fashion," said Goodman.

Sodexo and Yelnosky hope that connecting the kitchen to the stations will not only make production easier but also improve students' opinions of the food.

"I think being able to see the ▶ see BAKER page 4

End of an era: 15 years with TKep President recalls fondest memories at the helm



STEPHEN NOLAN / JUNIATIAN

Kepple will continue his involvement with Juniata by staying in Huntingdon to work with President-elect James Troha as he transitions into his leadership role next semester.

By LAUREN LIACOURAS

After 15 years of dedication and service, President Tom Kepple will retire May 31, 2013.

President Kepple's legacy will continue to live on even though he will no longer be the leader of Juniata College.

"I'm going to miss all the people that I interact with all the time," said Kepple. "The students, faculty, staff, trustees, prospective

students, parents and really having the chance to meet a wide variety of people essentially all over the world."

Reflecting on his presidency, Kepple accredited some of his fondest memories to a variety of experiences

"I think it's the interesting successes we've had along the way, some of which include the women's volleyball team winning a national championship to our field hockey team beating Ursinus, and also celebrating the new buildings because they are the result of lots of good work by many people," said Kepple.

"Most people think I'm most proud of the campus because many people who have been around for a while have seen how the campus used to be," said Kepple. "It used to be an OK campus when I got

▶ see KEPPLE page 5

Business courses appreciate troops, kids and kittens Students enhance their leadership abilities by raising money for local non-profits

By DYLAN J. STROMAN

Juniata students in several business courses are taking part in various fundraising efforts this semester to aid not-for-profit organizations as a part of the official curriculum.

While students in Dr. Ann Echols' Management Process and Introduction to Business courses are coordinating their efforts in cooperation with Big Brothers, Big Sisters, two groups from Dr. James Donaldson's Marketing Strategies class are raising funds for Operation Troop Appreciation and the Orphaned Kitten Program.

On April 14, Echols' Introduction to Business students organized an event called Bowling for Kids' Sake. Big Brothers Big Sisters is a non-profit organization that seeks to "provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever." Because each of the mentoring relationships that Big Brothers Big Sisters facilitates costs approximately \$1,200 per year, the organization's success depends upon sufficient donations.

"In Intro. to Business, our emphasis is on getting delegation experience," said Echols.

In Echols' Management Pro-



PHOTO COURTESY OF THE ORPHANED KITTEN PROGRAM, STATE COLLEGE

Marketing Strategies class is raffling two \$100 Visa gift cards to support the Orphaned Kitten program.

cess course, students are required to contribute between 10 and 20 hours of their time outside of class to coordinating both a bake sale and a dance in hopes of benefitting the same organization. Worth 15 percent of students' final grades for the semester, these service-learning efforts have been the underlying focus of the course thus far.

"You're managers in training,

and so you get to make a lot of choices and manage yourselves and others in things they have never done before. There's a little bit more risk; there's more uncertainty," said Echols.

While Bowling for Kids' Sake is a trademarked event that Big* Brothers, Big Sisters sponsors regularly, the bake sale and dance events are a home-grown initiative,

planned entirely by the students in Echols' class.

"In 201, the discretion is huge," said Echols. "We even decided what our culture would be."

Echols argued that incorporating service learning initiatives into the classroom gives students a glimpse of what managing is like in the real

Sophomore Fang Dunli, an in-

ternational student from Guiyang, China, took part in both Bowling for Kids' Sake and the bake sale. Fang emphasized that most valuable part of this experience for him was building new relationships with other students.

"I think that for international students, the first step to get involved in the American community is to join as many events as you can," said Fang. "The most important thing if you work in the outside world is relationships with people. If you have relationships, you always have a back-up plan if you fail at anything."

In Donaldson's Marketing Strategies course, there are two groups of four students, each of which focuses on one of two fundraising

Operation Troop Appreciation is a national non-profit organization that was founded by Juniata alumnus Kristen Holloway, '97. These efforts seek to provide wish-list items to deployed military troops abroad such as clothing, gear, athletic equipment, grills, televisions and cameras.

According to senior Katie Ferguson, these fundraising efforts have been a substantial part of the Marketing Strategies course thus

▶ see NONPROFIT page 6

Stephanie Scavone takes the cake in JCEL competition Finalists competed for \$2,500 cash prize toward their entrepreneurial business plans

By DEVON WISER

On April 17, the second annual JCEL business plan competition awarded junior Stephanie Scavone \$2,500 in its final round of presentations for her prospective business "For Goodness Cakes."

For Goodness Cakes is anticipated to be an eco-friendly, gluten-free, gourmet cupcake company. Scavone plans on starting the company in Huntingdon and possibly branching out to northeastern Pennsylvania. She hopes to expand from a home-business to a moving cupcake truck or storefront location.

Junior Justin Bookhammer, whose plan was called "Bookhammer's At Home Computer Repair," and junior Thu Myint, whose idea was a coffee shop called "Good Day," were the other two finalists recognized.

"The heart of my business plan is a quote that says, 'While we are a coffee company at heart, Starbucks provides much more than the best cup of coffee. We offer a community gathering place where people come together and discover new things," said Myint.

"I love baking. I've baked with my mom and grandma since I was little and it's always been something I love doing. My mom helped me develop many of my ideas and my grandma helped me develop the recipes. Also, my friend Tara Black helped me design and bring to life my logo and business card," said Scavone.

The business plan competition helps motivate students to carry out their ideas. The resources offered through JCEL encourage participants to finalize their plans.

"It helps students to make a move on their plan rather than if they hadn't done the competition and weren't forced to complete their ideas by a certain deadline,"



Juniors Stephanie Scavone, Justin Bookhammer and Thu Zar Myint developed business plans for the competition.

said Terry Anderson, JCEL Director and overseer of the competi-

"I was encouraged to enter the competition in my Venture Creation class last semester with Terry. I probably would have en-

I pretty much worked on it when-

and I just revamped it. I took a lot of time to get everything together, meanwhile talking to other people and companies. I really had fun with it, I had it memorized," said senior Nathaniel Fischer, last year's winner and supervisor of this year's competition.

Any student on campus can enter individually or in a team with up to three people. Businesses can be either non-profit or for-profit

There are three stages to the competition. In the first stage, contestants write a two-page abstract of their business idea. The plans are reviewed and then chosen to advance to the next stage.

"I am quite happy that I am a finalist. Terry encouraged me to do the competition; he said it wouldn't hurt too. I think I have a chance of winning because my plan is more

► see CUPCAKE page 6



Provost's legacy includes LAS, Center for the Scholarship of Teaching and Learning

▶ from LAKSO page 1

of for a long time," said Lakso. "What I like about the CIC is that they have great people. When the President of the organization called, I was taken aback."

Although Lakso has been the recipient of numerous awards, he remains humble, refusing to take personal credit for any academic accomplishments.

"I haven't influenced anything here at Juniata," said Lakso. "The reality is that when things get done, it's the product of a collective effort. I'm proud of the fact that we have a good IT program and that we have a good religious studies program that we did not have 15 years ago. We've retained our focus in the liberal arts and have attracted great, young faculty."

Lakso cites the Liberal Arts Symposium and the establishment of the Center for the Scholarship of Teaching and Learning, which was instituted in Lakso's honor, as academic triumphs. The James Lakso Center for the Scholarship of Teaching and Learning promotes professional development related to evidencebased practice in higher education.

"If I were to have one legacy, it would be that we have incredible faculty," said Lakso. "We hire faculty and they come here and teach us how to be better."

"In the business department, he's seen as an economics legend, and I'm under the impression that he's hired nearly 90 percent of the current faculty, which is impressive," said senior Rob Strauss.

Lakso is also proud of the esteemed Juniata student body. "There's a story that Juniata tells about itself," said Lakso. "When students come here, they end up being better than anybody thought they were going to be. The Juniata mythology is that we get average kids and turn them into above average kids. However, that is not the case. We have great graduates because we have great students coming in the door. The thing students learn at Juniata is that

they are better than they thought they were."

Lakso refers to the Peace Chapel as a direct example of the way Juniata students evolve during the course of their education. At first glance, Lakso explains, the Peace Chapel simply looks like a large circle of identical rocks, but it actually reflects life at Juniata. The Peace Chapel represents the Juniata community, yet far off from the chapel exists a single stone, identical to those that comprise the circle. This single stone, Lakso explains, represents the individual. The solitary stone cannot be seen from the chapel; one must search for it. This search parallels the search Juniata students experience throughout college: the search for the self.

"What I admire about Juniata students is that they can be a member of the community but maintain individuality as well," said Lakso.

While Lakso has great pride in the faculty, students and programs at Juniata, he acknowledges that the College must continue to rise to today's challenges in order to stay academically relevant.

"We need to be financially stronger, and fight above our weight class. We need to continue our excellent academic programs, because our results are very good. If I were to compare us to other schools, I would say we're doing equally as well, just with significantly less money," said Lakso.

Furthermore, Lakso indicated that he would like to see greater diversification in the student body and faculty.

Next spring, Lakso will be imparting his wealth of knowledge as he continues to teach Principles of Macroeconomics.

"Dr. Lakso is incredibly knowledgeable," said junior Domenic Cuzzolina. "He is really passionate about economics and is a huge reason why I got into economics. What really impressed me is that he never used any notes and would incorporate current events into class lectures."

Lakso emphasizes that he's

ready to focus on teaching and leave the provost position in the competent hands of his successor.

"The last thing that I want anybody to do is to think that I'm looking over the new provost's shoulder and criticizing. If people ask me questions, then I will be glad to give them my opinion, but I will not try to insert myself and say anything other than what I'm asked," said Lakso.

Lakso's humility is noteworthy given the remarkable imprint he has left throughout his 43-year tenure at Juniata. Fortunately, Juniata will continue to benefit from Lakso's life work, as he will mold yet another generation of Juniata students in his classroom.

"As a man truly devoted to young intellectuals, Provost Lakso has given to Juniata College a standard of higher education that will never be forgotten," said sophomore Nicholas Trapane. "The impact of his work will far outlast the years he served the College."

Juniata professor creates comics for Adventure Time Dr. Jay Hosler's illustrations to be published in a six-page production next semester

By SETH RUGGIERO

As he integrates his own comics into the classroom, Jay Hosler has become famous for his unique teaching methods on Juniata's campus. This professor of biology is once again at his easel, but this time his goal has nothing to do with teaching Juniata students.

As his spring semester was progressing, Hosler received a rather unusual email. On March 18th, the assistant editor at KaBOOM! Studios requested Hosler's services. He had been suggested as a perfect cartoonist for an upcoming "Adventure Time" comic story.

"So I've done a book about honeybees, a book about Darwin, a book about the eye and a book about evolution," said Hosler, "and so the Adventure Time gig sort of grew out of that."

As these educational publications continued to gain attention, Hosler emerged as a perfect candidate to produce a comic of Adventure Time's magnitude.

This comic is partnered with Cartoon Network's Grammynominated television series, using the same plot and characters to create similarly absurd stories.

"There is an Adventure Time comic, and the artists for that are Shelli Paroline and Braden Lamb, and they are people I've known for a couple of years because they knew my other books," said Hosler. "Since Adventure Time is such an offbeat, wonky show, they pick offbeat, wonky cartoonists. So Shelli and Braden had recommended me."

This comic series was created in 2011 after the show had nation-wide success on Cartoon Network. Each issue features a primary story that is written and drawn at KaBOOM! Studios, but the publication also has a shorter comic of about six pages, created by a free-lance cartoonist.

After Hosler was selected and contacted for this job, he immediately agreed and has been at the drawing board ever since.

"It's been a lot of fun. It's going to be six pages long, and I've written it and have got most of the pages done, all but the sixth," said Hosler. "I decided to make it science themed."

While science is once again his preferred angle, the subject matter

will be tailored toward a younger, less intellectual audience than students in his biology classes.

"I had botany last semester, and we used one of Hosler's comics to learn about photosynthesis," said junior Ryan Dempsey. "It was so easy to learn with Hosler's cartoons. The one we looked at explained things so much better than I had ever learned before ... if he

Since Adventure Time is such an offbeat, wonky show, they pick offbeat, wonky cartoonists. So Shelli and Braden had recommended

me. -Jay Hosler

99

can get me interested in that, I'm really excited to see what he can do with Adventure Time: a show I really like."

For those unfamiliar with Adventure Time, the series follows 14-year-old boy Finn and his best friend, a shape shifting dog, Jake in the Land of Ooo. With its fantastical and outlandish elements, the television series has developed an

immense following since its debut on Cartoon Network in 2010.

"I freaking love Adventure Time," said freshman Chandler Steffen. "I think it's a revolutionary cartoon for kids. But, with that being said, a ton of people my age and older also watch that show. Even though he [Hosler] is not writing or drawing for the show itself, its impressive that he's linked to a show that famous."

Hosler is not only linked to the show, but he has created an entirely new story, completely from his brain, to mystify the minds of young readers.

"Finn and Jake are protecting Princess Bubblegum's experiment into silly-string theory," said Hosler. "And so, Finn winds up blowing a bubble with some of the silly string and creates an entire universe. He then has to protect that universe from Dr. Broccoli, who is one of Princess Bubblegum's scientific rivals."

This premise, while bizarre, indeed has scientific legitimacy entwined within the story.

"She [Princess Bubblegum] has this silly string theory device; in Physics it's the string theory,"

said Hosler. "She wants them to guard it because she has to go to the library to look up definitions, which is appropriately silly. Finn is hankering for bubble gum, so Jake suggests that he try some of the silly string. He decides to blow a bubble and that expanding thing becomes a universe."

"All of a sudden Dr. Broccoli comes in and tries to sabotage the experiment," said Hosler. "Finn tries to protect it, and the only weapon he has on-hand is the 'weeping blade,' which cries every time you try to use it. They protect the bubble-verse and hilarity ensues."

As Adventure Time continues to gain popularity, Hosler admits that the show's success and his role as a cartoonist were not the only reasons he accepted this job offer. Instead, it was his role as a father.

Hosler's sons Jack and Max have been at the forefront of his thoughts throughout this entire process.

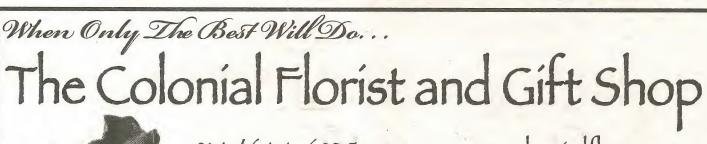
"They [Jack and Max] were thrilled," said Hosler. "It was a no brainer for me to accept. It was absolutely an opportunity to do something that I knew they would love seeing."

His sons will not only love seeing their father's comics, but the two boys might get a chance at fame themselves.

"Inside the back cover of the comic, they tell you what's happening in the next issue, and for the back up story they actually feature a picture of the cartoonist," said Hosler. "I'm going to dress up like a scientist and have a picture taken with Max and Jack. Then they can actually be in an Adventure Time comic too."

As he places the finishing touches on his story, Hosler believes that his comic must wait a few more months until it reaches store shelves.

"When this is done and they know what issue this is in, it'll be at least three more months until it's in stores," said Hosler. "So it probably won't be out until the fall."



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By Travis J. Kylor

Students to unlock their voices Annual event will be the last of Katz's 20 year run

By DANIELLE CUTAIA

This is the last year Associate Professor of English Judy Katz will be running Unlock Your Voice, a program celebrating Women's History Month and women's literature. This event will be held on May 3 in the Ellis Hall ballroom at 7:30 p.m. The event is free and open to everyone.

Unlock Your Voice was started by Katz almost 20 years ago, and had been done annually until 2008, when Katz began switching each year between Unlock Your Voice and Lift Ev'ry Voice, a program dedicated to celebrating the work of African American writers.

"It started in 1994, the first time I taught Women and Literature here at the college. March is Women's History Month, so we decided as a class to do something for Women's History Month. My students created a flyer from magazine cut-outs and at the top of the page was "Unlock Your Voice," and that had been cut out of a magazine and my God, what a great title. I don't know who the student was who found that piece of text, but it's been our title ever since then," said Katz.

"It's a really good show and I really love to help with it. This is my fourth year working with these programs and it's honestly my favorite part of the year," said senior Meg Illig, who will be reading the poem "For Young Women Who Don't Consider Themselves Feminists," by Mindy Nettifee, as well as a musical performance with senior Kelsey Swiger.

This year's event will feature both students from Katz's Women and Literature course and some Juniata graduates returning to read their own pieces. One returning alumna, Becci Goodall, has published her first novel.

"I absolutely love being involved with it. I would suggest anybody who wants to take the class for the celebration at the end of the year or just for the credit to take it if they have the opportunity because it is a wonderful class to be in," said freshman Hailey Aguero.

Aguero will be reading her own original piece for the event. "It's a piece that really shows that not all women are perfect, but even non-women can still be able to push through hard times to be able to benefit themselves and the people that they love," said Aguero.

"It's fabulous for students to perform a literature, to embody it and perform it," said Katz.

"I think that it's a great event, a great opportunity for women to hear other women's opinions on things. It's just a really good opportunity for people to hear the opinions of a group that's one of the longest oppressed groups in history," said freshman Gianna Rocchio.

Unlock Your Voice is known for having a unique setting in which the ballroom is transformed to reflect an environment where one could expect to go and listen to poetry readings.

"We have a team of designers who make the ballroom into a different state. It's been a coffeehouse for the past thirteen years, with tables and coffee and free desserts. This year it's going to be a speakeasy," said Katz. "The art and design team really transforms the place."

Students attending the event will be treated to music, homemade foods and a wonderful evening of poetry, stories and music. "It gives people a chance to get out of their shells if they don't normally perform in front of people," said Illig.

Katz encourages students who may be shy or reserved to consider

participating regardless. "They end up having a really good experience, and then being more confident about speaking in front of people," said Illig.

Professor Katz will be retiring at the end of next semester, making the upcoming Unlock Your Voice event her final run. Her students are sad to see her go, but hopeful for the future of Unlock Your Voice and Lift Ev'ry Voice.

"She's a very kind, intelligent woman, and it's a shame that she is retiring and has to hand the class over to somebody else. My only hope is that the new person taking over will use the Unlock Your Voice class in the same respect that Professor Katz has," said Aguero.

"Working with her on this event has been the most amazing experience that I've had these past four years. My freshman year I took her Women and Lit. class and she asked if people wanted to volunteer and help out, and I'm so, so glad that I did," said Illig. "It definitely won't be the same without Judy, but I feel very blessed to have been able to work with her."

"The person we hired will continue the program," said Katz. "At least with respect to Unlock Your Voice and Lift Ev'ry Voice, I feel like I'm leaving my babies. They feel like they came out of me, and though they couldn't have grown up without the decades of student involvement and planning, I'm going to miss that direct involvement. I love watching the program and working with the students."

Everyone is encouraged to come enjoy the program. "No matter what you're interested in, there is a performance that will apply to everyone, and I've never heard anyone come to the show and say that they were bored," said Illig.

College's dining upgraded

▶ from BAKER page 1

food being made will help with the students' perception of what they're eating by displaying it in a nicer fashion," said Goodman.

"My impression right now is that they're pulling things out of a freezer or a heater, so being able to see the food being made is very comforting to me," said freshman James Kolinger.

"A lot of people eat with their eyes, so it's not just it appeared in a pan and now we have to eat it," said Goodman. "You can sort of see the process of where the food is by being able to see the kitchen working at the same time as you're eating. A lot of it is also going to display cooking right there by the station."

One feature created specifically to meet the needs of students is the integration of the L.O.V.E. line, a student-run station featuring locally grown, organic entrées, with the other stations. The L.O.V.E. line is currently located near the breads and cereals. In the renovation plan, the station will branch off from the kitchen along with some of the main stations.

"Pat went through and grabbed all the people that were working L.O.V.E. line and just went over what all the plans were," said sophomore Byron Felt. "Now we're shoved in a back corner, [but after the renovations] we're going to have our own little section that's going to be much more centralized and will get more people to know about it."

Students and faculty have also been looking for ways to implement more environmentally friendly practices across campus. In response to this, the renovation plans have eliminated some wasteful equipment such as the conveyer belt. Now, as students exit the cafeteria they will hand their trays directly to an attendant.

There will also be a new food pulper in the dish room, which will eventually allow Juniata to begin composting. "What it does is it extracts water from food waste," said McLaughlin. "Right now we're not composting, there's no composter on campus. This is the first step. That makes me happy. I'm all about the green."

Even though a composter is not available, McLaughlin also explained how the pulper will help reduce the cost of disposing food waste by making the garbage lighter.

"They charge us by the pound," said McLaughlin. "Obviously water-laden food particles weigh more than dry [ones]."

Yelnosky is hopeful that the pulper, along with other modifications planned for the renovation process, will help reduce operating costs.

"We're doing everything we can to make sure the project is being managed as efficiently as possible," said Yelnosky. "We'll do things with lighting to reduce the operating expenses. This is not simply a food project. We're looking into energy efficiency as well."

Despite cost reduction techniques, there is no way to avoid the project's \$2.3 million price tag. Sodexo will provide the funds for the project and Juniata College will pay them back using primarily revenue from meal plans and other food services.

The cost of keeping both Baker

and Eagles Landing up to date is already factored into the cost of meal plans, but students can expect the price of meal plans to increase by 3 to 4 percent.

"When you look at the price, part of what is in there is our ability to maintain the facility," said Yelnosky. "We accrue this money over time in anticipation of these things so we don't go from this price to some huge price because we're going through a renovation."

To keep meal plan prices from undergoing larger increases, some portions of the project will be funded by the College's operations budget.

"There's some infrastructure work that has to happen in building hoods and replacing some plumbing and other things that are behind walls that we will fund out of operations rather than out of the meal plan," said Yelnosky.

Some students feel the money being used to renovate Baker would be better invested in directly improving the quality of the food.

"Not to say that [the design] isn't good. The overall design of it is well thought out, it's interesting, and it looks fun. I just think it's overdone," said freshman Hailey Aguero. "They should focus on getting a little more quality food rather than changing the whole atmosphere."

66

"A lot of people eat with their eyes, so it's not just it appeared in a pan and now we have to eat it," said Goodman.

Others disagree and are excited about the upcoming renovations.

"I definitely wish it would have been renovated earlier. I want to see the renovations they're going to do," said senior Steven Strutt. "I definitely think it's time. You can see it's degraded and some parts are falling apart. It needs a facelift"

Baker Refractory was last renovated in 2005. Since then, general wear and tear has destroyed many chairs and tables, along with coolers and other kitchen equipment.

"In our industry, three to four years is very old," said McLaughlin, who has been pushing for the school to approve the renovation project for several years.

"This was actually supposed to happen last summer, and Dr. Kepple said there's so much other stuff going on with the new field and that really takes a toll on campus resources," said McLaughlin. "We came to them this time and said, 'We have to do this. We talk about this every year. It's time,' and they said, 'We know it is. Let's start talking."

Though there are mixed opinions, Yelnosky and McLaughlin are confident that these renovation plans will improve the overall satisfaction of current and prospective students.

"I think it is another step in the evolution of who we are," said Yelnosky. "I just think it's going to be a better overall dining experience, when you combine [the renovation] with the work we're doing on the quality of the food. My dream is one day, the senior class, instead of making a joke at May Day, is going to say one of the great things about this experience is that the dining experience was great."

Percussion Concert







RACHEL MURPHY/JUNIATIAN

The percussion band performed a concert, Friday, April 12 in Halbritter Center for the Performing Arts. Bottom left: Sophomore Alexis Hadden performs during the percussion concert. Bottom right: Junior Reinaldo Liem focuses on his instrument during his contribution to the concert. Liem is one of the conductors for the percussion ensemble. He has spent a lot of time working with the group throughout his time at Juniata.

Awards send interns to the Gambia, MIT, Smithsonian Super internship endowment assists with living expenses, travel in costly locations

By Shalen Pereninec

The Juniata Alumni Internship Endowment provides qualified students with Super Internship Awards of up to \$5,000. These awards aim to provide funding for internships that are primarily located in high-cost living areas.

The recipients of the second annual Super Internship Awards have recently been named.

Winners from the junior class were Schulyer Beauvais-Nikl, who will be interning at Baltimore Crisis Response, Inc., Clarissa Diniz at University of Pennsylvania's School of Medicine, Stephen Estright at the University of Pittsburgh Medical Center, Kelsey Kohrs at the Smithsonian Institution and Aaron Womer at the Massachusetts Institute of Technology's Department of Biological Engineering.

Sophomore Alexis Waksmunski will be interning at the Legislative Office of Research Liaison, and freshman Ashley Pinamonti at the Gambia Press Union.

"The internship committee, which includes myself and faculty members from a variety of areas around campus, looked at the 16 candidates, narrowed our pool to seven when we interviewed and then we made decisions based on that," said Darwin Kysor, director of career services.

This year, the committee had \$11,000 to award to students compared to the \$7,000 that it had last year. Due to the high number of applicants, however, not every student that applied could receive

"To apply, a student would fill out a general application form, but they would also give us a resume, a transcript, information on the internship that they had," said Kysor. "They also had to provide us with a budget of what their expenses would be."

While Diniz will be getting paid at her internship, the cost of living outweighs the paycheck.

"My internship at Penn gave me a stipend of \$4,000. I worked there last summer, and after I did the math, it ended up that I had to pay to do my internship," said Diniz.

"I wasn't actually getting paid because being in Philadelphia, it was really expensive to pay for housing and food, and because I'm an international student, I also have to pay to get my OPT [Optional Practical Training], which is just something that all international students who have an F1 visa have to apply for in order to be working in the United States outside of Juniata College."

Diniz was one of only two candidates in her program of 12 people who was invited back to the University of Pennsylvania for another internship this summer.

"I really wanted to go back, but then I had to think about money and whether or not it was possible to spend another \$1,400 out of my own pocket," said Diniz. "After I

learned about the Super Internship Award, I decided to apply, and I got funded.".

Senior William Young received the Super Internship Award last year for his internship at Louisiana State University. He worked with the fisheries department at the Atchafalaya River Basin.

"I used a little bit of money for travel, going down and coming back, but the majority of it was used for rent because where I was going was pretty expensive. I used a little bit on food. All of that had to. be documented, and I had to have receipts for everything that I used it on," said Young.

"Most of the students that we interviewed applied for positions in what I would call a city. Their internships could be paid, but I think our committee looked a little more positively on those who worked because obviously if you're not getting paid anything, you have a little more financial need right up front," said Kysor.

The receipts were used to monitor that the student calculated his or her expected budget appropriately.

"I don't have too much money floating around, so I wouldn't have been able to drive to Louisiana," said Young. "They paid me minimum wage there, so without the funding, I wouldn't have been able

In its first year, the committee did what it could with the limited supply of funds.

'It wasn't a ton of money but it was kind of a start. We ended up with six or seven candidates last year. We did fund a few. There were some other candidates that we couldn't fund because we didn't have the money, but our development office took those candidates' credentials to some other alumni and asked them if they would be willing to fund a student," said Kysor.

Senior Monae Dewitt received

▶ see INTERNSHIPS page 6

President Kepple will miss strong connections, involvement with campus community

▶ from KEPPLE page 1

here. But it's much better now and definitely a point of pride. However, I'm most proud of the faculty and staff that are here and those that we've added over time. Most staff members are going to be here another 10, 20, 30, 40 years, and those people are going to make a real difference at Juniata."

Senior Katie Keating vouched for President Kepple's pride in the campus as well as his commitment to establishing long-lasting relationships with students and faculty at Juniata.

"President Kepple is the only person on campus that could have so much influence over people that they actually start becoming aware of the trash they leave around campus. He is all about keeping this campus beautiful and makes it known that we should be too," said Keating. "When you see him walking through campus, even the smallest wrapper, he picks it up. He also has done a great job at preserving how the Juniata culture should be. He says hello to everyone in passing and tries his best to make an appearance at every event he can. He is also an active member in the athletic community and as a student athlete myself, I appreciate seeing him at



STEPHEN NOLAN / JUNIATIAN

Kepple will end his presidency by delivering the 2013 commencement address. Although Juniata traditionally invites a guest speaker, the board of trustees chose to give Kepple his final word.

"I think the biggest thing about him that I know students appreciate and will miss is his involvement. He's always at events and is eager to be a part of things and to actually interact with the students. He's been very personable in that way and that has definitely made his time here as president that much more beneficial," said sophomore Eli Murphy.

"He created a really strong community at Juniata, which I think is why so many people choose to come here," said junior Jenna Rodrigue. "We're very close-knit on our campus."

Dr. Jim Troha will fill the presidency position following Kepple's retirement.

"We have really good momentum, so to keep that going is important. Dr. Troha wants a lot of good things for Juniata," said Kepple.

"We've begun to work on raising money for the endowment. Compared to other institutions, we have a small endowment, so it's important for that to continue to grow. We're still not the most known place in the world,

and the truth is we never will be. There are so many small colleges, it's hard to be known by everybody, but we are known by important people, so we should definitely keep that up," said Kep-

Although Kepple will step down as president, he plans to continue his involvement with Juniata.

"What I really want to do is to continue to be involved in higher education without getting in Jim Troha's way," said Kepple. "Retired presidents work for the current president. If Dr. Troha has

things for me to do, then I'll be here to help him out. Basically it's up to him how I will help Juniata in the future, and I will support him however I can.'

Juniata traditionally invites a guest from outside the college to deliver a speech at graduation. However, President Kepple has been selected to speak to this year's graduating class.

"It was a nice honor from the board of trustees," said Kepple. "I've heard a lot of graduation speeches. Without revealing my entire speech, I want to have a couple things for people to remember and to keep it somewhat short. Hopefully it will come out OK."

"Being at Juniata College while President Kepple has been here is something that I have enjoyed very much," said senior Nathan Brock. "Since my freshman year I have not only seen him around at various campus events, but he also has stopped to talk to me and check up on how I was doing. He takes pride in being approachable and bethere for the students of this college. President Kepple and his wife, Pat, are very engaged with academics, athletics and the community, and I think that they are a very great reflection of Juniata College. I think we as a college owe it to him to speak at graduation for all that he has done for us."

Many claim that it is because of President Kepple that Juniata has become the institution it is at present. His hard work has paved the way for future change

"He has made this campus what it is today by challenging students to live up to Juniata's expectations," said junior Scott Thomas. "His legacy will not be forgotten."

"Presidents get credit or blame for a lot of things," said Kepple. "The credit I get has a lot t o do with all the great people who work here that have actually done the work, and to all the students that have gotten Fulbrights or Goldwaters, or won championships. It's nice to get the credit, but the truth is the credit belongs to a lot of different people, not just the President."



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▶ from CUPCAKES page 2

focused on society, not personal interest," said Myint.

For stage two, the participants create a written piece describing their plan in detail. Five judges review the plan and three plans move on to the final round.

"It feels good to be a finalist, it was a pleasant surprise. I was shocked and didn't expect it at all. My idea is just a small, simple repair business plan for computers. I got this idea because it is a personal hobby and I know I can make money with it," said Bookhammer.

In the final round, the remaining contestants have 15 minutes to present their business plans to eight judges with PowerPoint presentations and any additional props. Participants can use samples, prototypes or handouts. First place wins \$2,500 and second and third each receive \$1,000.

"Part of the scoring is how comfortable the students are with the presentations, expertise in their own businesses and how passionbased they are," said Fischer.

"Creating the plan and serving my cupcakes to the judges was my favorite part. It sounded like they all liked them, which was very good to hear. And winning of course! My least favorite part was

presenting because public speaking is not my thing, but it actually went better than expected," said Scavone

"It felt quite amazing to win, I was really confident going in. I knew the others' plans were good and feasible. My idea was to have paddles for skateboards, like stand up paddle boarding that is taking off in the east coast. I could target a big group: paddle-boarders and skateboarders," said Fischer.

"Next week I will be talking to Terry Anderson about moving on with my business and actually establishing the company," said Scavone.

"I plan on using the prize money for paying bills. Also, I like to travel, so it would go toward travel bills as well," said Bookhammer.

"I used the money for prototyping, penny skateboard samples, more t-shirts and other fees," said Fischer.

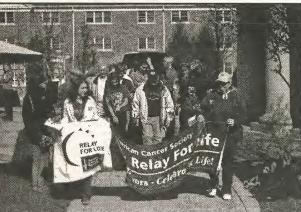
"I was very excited and kind of surprised to be a finalist. When I submitted my written plan, I hoped that I would be a finalist, but I definitely had doubts that I wouldn't be. I'm extremely honored that I won. It's awesome. I put a lot of hard work and effort into my business plan, so I am very happy to have won," said Scavone.

Relay for Life









SUNGOUK PARK / JUNIATIAN

Students fight against cancer during Relay for Life on Sunday, April 14. Clubs set up tables filled with crafts, food, and many other trinkets. All proceeds raised for the event went to the American Cancer Society.

Liberal Arts Symposium -





SUNGOUK PARK / JUNIATIAN

Students presented their theses and various research projects at Liberal Arts Symposium, which took place on Thursday, April 18. Also, the Multi-cultural Storyfest, filled with performances and tales representing different cultures from around the world, was held on Detwiler Plaza at 3:00 p.m.

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Internships

▶ from INTERNSHIPS page 2

funding from an alumnus for her internship last summer at Florentine Films in Walpole, New Hampshire

"I got \$2,000 and it was used for travel and living expenses. I used it for three months of rent, and I used the rest for traveling on the train there and back," said Dewitt.

Students who were not funded with Super Internship Awards or from alumni still had several other options.

"The PACS department has a little bit of funding available for Peace and Conflict Studies students. The International Studies department has what they call 'International Studies Fellowships,' and students who have a significant amount of international classwork in their field of study are eligible to apply for those. Then, there is a pre-law fellowship, called the 'C. Jewett Henry Pre-Law Fellowship,' and that would obviously be for students who are anticipating going to law-school after Juniata," said Kysor.

Overall, the Super Internship Awards provide students with opportunities that might otherwise be unattainable.

"This is definitely beneficial for people in the future because everyone needs money every now and then for one thing or another," said Dewitt.

"I think it helps people by bridging that gap of allowing them to go where they want to go and being able to afford where they want to go in order to fulfill their career goals or Juniata requirements."

"It would have been great if we could have funded all 16 candidates because they were all pretty valuable experiences, but obviously with limited money, it's pretty difficult," said Kysor. "The Super Internship Fund, I think, is one of the funds that Juniata would like to grow."

Letters to the Editor

Dear Editor:

I am writing to express my affection and agreement regarding the editorial in the last issue of The Juniatian. It is disappointing that our college chose to stop providing students with free and full access to quality journalism.

At a recent Open Forum in Neff, I asked about the likelihood of The New York Times returning to campus. Not very, I was told, as the paper's shrinking readership did not justify its growing costs.

It is not news that fewer people than ever before turn to hard-copy journalism for their food for thought. Yes, we must accept that the times are changing. But The Times, too, is changing, with more emphasis on digital access than ever before. And free, full access to quality journalism is invariably consistent with Juniata's mission and the Principles of a Liberal Arts Lifestyle.

Bob Dylan warned us "that he not busy being born is busy dying." Although our free and full access has yet been allowed to die, I hope it will be reborn in digital form as the keystone of a Juniata education. Even if full digital access is no cheaper than the print subscription, we will get more for our money. A campuswide digital subscription would provide continual, more portable access and allow for more interactive consumption. And less misspent paper.

Currently The Times and many, many other publications can be found for free through the library's databases; however, these are designed for research and thus make browsing cumbersome. \$12,000-plus for a year of unfettered access to quality journalism is arguably unnecessary in light of other wants, but, from the same perspective, so too is \$120,000-plus for a liberal arts degree in this age of unemployment.

I encourage Juniata College to prioritize the return of free and full access to quality journalism on every corner -- nay, every computer -- on campus.

Jacob Messer

Dear Editor:

To the "liberal democrat in favor of gay marriage" who was interviewed in the last issue of "The Juniatian: about Pride Week:

As a senior, you should know that Juniata College is still an institution that is oppressive toward transgender students. It was during our sophomore year (2010 - 2011) that a woman living on South Hall 3rd floor had to fight for her right to use the women's bathroom. Our residential policy is outdated and cis-sexist; transphobia and homophobia are alive and well at Juniata. Many students on campus have experienced gender- and sexuality-based aggression. That said, All Ways of Loving and Trans* Parachute United are by no means "beating a dead horse" by continuing to raise awareness for LGBT*Q and gender-related issues.

If Juniata is, as you claim, a tolerant place yet still part of a world in which Trans* people are victimized, then Juniata is

the perfect place to begin to combat this victimization. We need to be having these conversations because without dialogue we will never achieve change. And while you, as a senior, feel that celebrating biannual pride weeks is repetitive and unnecessary, this may be a topic new to freshmen and transfer students. It is important to continually raise awareness so that Juniata's ever-changing community stays informed and knowledgeable. Furthermore, LGBT*Q individuals are hardly asking too much of the Juniata community by inviting them to celebrate their identities once a semester.

Finally, there is no reason why issues such as maternity leave and gender-pay disparity should be emphasized over issues brought up by Trans* Parachute United or any other gender and sexuality based issues. As feminists, your assertion that one group's rights (ours as women) should be prioritized over those of other groups (like

AWoL and T*PU) is offensive. Separation and prioritization of these "groups" and their respective issues is divisive and especially troublesome for people who identify with both "groups." What's more, students involved in T*PU and AWoL have the right to decide if these issues are valid, as they are those most affected by them. We all need to be open to their message as it is often those who consider themselves to be tolerant, yet refuse to acknowledge prejudice, who are the largest part of the problem.

Pride Week is clearly a necessary and enriching part of Juniata College. It strives to educate as well as celebrate. Events like Str8 Talk provide space for dialogue and create an opportunity for understanding. People of all genders and sexualities deserve to have a space to embrace their identity. All Juniatians - who are so lauded for thinking, evolving, and acting - should appreciate that.

Kate Brown, Meg Hourigan and Moira Mackay

Fundraising

▶ from NONPROFITS page 2

far.

"We've basically been working on it for a couple of months. For a while, it was all we were doing. He [Donaldson] gave us time to set up which fundraiser we were going to do, how we were going to do it and we made a marketing plan," said Ferguson.

In order to raise money for Operation Troop Appreciation, Ferguson and her group mates are each responsible for selling 150 raffle tickets to their target audience.

"Our main target audience was students at Juniata College and also members of the community who want to help out deployed troops," said Ferguson.

While students did not have the final say in which of the two groups they participated in, Ferguson emphasized that she ultimately got her top choice.

"I thought more people would care about the troops than cats," said Ferguson. "Maybe because I'm a dog person."

While Operation Troop Appreciation undoubtedly appeals to American patriots and their loving supporters alike, the Orphaned Kitten Program effectively reaches out to the hearts of animal lovers around campus. An organization based around taking care of orphaned infant kittens in State College, this all-volunteer charity provides the extensive care necessary to aid kittens through their first few weeks of life. These kittens, bottlefed and weaned, are also provided with veterinary services such as tests for feline immunodeficiency or leukemia viruses, vaccinations and deworming. At eight weeks, they are sent to adoptive homes.

When asked whether this experience has enhanced her marketing abilities, Ferguson responded in the affirmative.

"It's certainly different from just taking tests and writing case studies. I've never written a marketing plan for any other class besides this class, so that's definitely helped," said Ferguson.

Burmese New Year





SUNGOUK PARK / JUNIATIAN

Burmese club hosted the Burmese New Year celebration on Sunday, April 21. This event included water balloon fights, the international food expo and cultural dance performances.



Four more years: The Olympics, presidency and seniors provide a reference point for uncertainty. Students who choose to take on period ever experienced by any

Society seems to value fouryear periods. A number of events happen exclusively on a quadrennial. Each four years, America selects (or reselects) a president. The FIFA World Cup is held every four years, as is the World Baseball Classic. Both the summer and winter Olympics are held every four years. However, look beyond these grand events and one can find other instances of four-year periods pervading our lives. High school takes four years. Of particular timeliness receiving a baccalaureate degree takes four years.

What is it about four years? For many international sporting events, the four-year period is used to honor the Olympics, which are held every four years. The modern Olympics, started in 1896, used the four-year period to pay homage to the ancient Olympics. The quadrennial was important for the Greek societies of the ancient Olympics. The four-year period was known as the Olympiad, and it helped

dating events in Greece. In a time where calendars could differ four-year journey of nearly dramatically from area to area, the Olympiad provided common ground to understand time.

years is the length of one term for our president. At the end of that term, the country is usually divided. Part of the country desires new leadership, while another chants for, "Four more years." Regardless of whether the current president is reelected or a new leader emerges, our country enters into a stage of transition. A reelection does not always mean that the current administration will not see changes. This is happening in the United States right now.

This speaks to the duality of the seemingly arbitrary fouryear period. In some ways, it seems commonplace to us. The Olympics and the presidency provide us with a sense of continuity and Each quadrennial brings with it opportunities for underclassmen excitement and hope for the next to take up more leadership roles four years. But the transition in many clubs and organizations between four year periods can on campus. This is good as it

300 students at Juniata. With graduation comes excitement and hope for the future. But along In the United States, four with this, seniors experience a great deal of uncertainty. Many hold their breaths while waiting to hear about an interview from one of the 75 companies to which they have applied.

Others find uncertainty in figuring out how to pay for graduate school, or deciding on where to live. There are budgets to be calculated and loans to be paid back. With each day closer that we collectively move towards graduation, seniors feel more pressure from their uncertainties. What does the future hold? Will I keep in contact with my college friends? Seriously, why has no one called me back about a job yet?"

It is not just seniors who experience this uncertainty. familiarity. Graduation brings with it

May 18 sees the end of the the responsibilities, but as with other Juniata class in the history any change in leadership, there of the college. The same can be is likely to be some shakiness. said next year for the seniors As new student leaders take the helm, they may find themselves in rough waters. But as the old adage goes, "A smooth sea never made a skilled sailor."

Juniatian The is experiencing the uncertainty effect of the four-year period. A number of leaders who have helped define our paper in the past four years will be graduating this year. As the reins are passed to the new leaders, we know that they will carry with them the experience they have earned and the wisdom offered to them by the senior members of the editorial board.

Despite the uncertainty, seniors can find common ground in their shared four-year experience. Four Lobster Fests, four Mountain Days, four Madrigals, four Liberal Arts Symposiums, four Pig Roasts and fours of countless other events unite seniors in their experience of Juniata College. The four years experienced by these seniors are unique to them, also bring with it considerable will provide experience to the and unlike any other four year

then, and every year after that. It is the four year period that defines what it is to be a Juniatian, and celebrates the uniqueness of just that for every class and every individual to sing our alma mater.

Four years of memories, four years of new friends, four years of self-discovery. All these things make the uncertainty of the transition into the next four years less scary. The last four years were both a collective experience and ours alone. To underclassmen, a word of advice: cherish the experience and enjoy the ride, because it goes much faster than you might believe. As seniors reflect on their college experience between now and May 18, many will find themselves wishing for four more years.

The Juniatian

Established in 1924 as a continuation of The Echo, 1891

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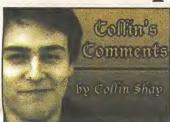
> PHOTO EDITOR Bessie Weisman

FACULTY ADVISOR Dr. William M. Dickey

PRODUCED BY The Writing Practicum

> Juniata College Huntingdon, PA www.juniatian.com juniatian@juniata.edu

Defense spending to blame for busted budget



It is no secret that the United States spends much more money on its defense program than any other single government program. According to the 2013 federal budget, 24 percent of government spending, which totals approximately \$916 billion, is allocated toward defense spending. The only two programs receiving close to as much money as defense are healthcare, at about \$901 billion, and pensions, at about \$878 billion. Is it really worth pouring so much money into defense while, for example, only spending a measly \$136 billion, a mere 3 percent of the budget, on education?

Now, obviously, defense is not an unimportant program that

defense combined. This is a truly United States' highest funding ludicrous figure!

One of the duties of the government is to protect the United States and its citizens, but there must be a way to still defend the country while reducing the obscene amount of the money that is being allocated toward defense. The United States has at this point so far out-spent all other countries that our military's technology is the most advanced in the world by a comfortable margin. This should mean that the huge amount of money spent on defense could be reduced and re-appropriated to a program where the money would more directly benefit this country's citizens, however that does not seem to be happening.

While America may be the undisputed military superpower of the world, there are many problems at home that I would argue demand the funding more urgently than the military. As I said before, a prime example of should be ignored. However, this is the education system in The United States seems to take the United States. To be clear, should have. I would go so far defense funding to an arguably the public education system is as to argue that the education of opinion that the good of the unnecessary extreme. A perfect what this country relies upon to this country's children is more country would be much better ample can be found in the fact teach its children how to think, important to securing the future served investing in the future that the defense budget for the learn and be prepared to one wellbeing of the country than of education rather than in United States in 2011 was \$711 day become a fully functioning keeping the military budget as paying to keep up this Cold War

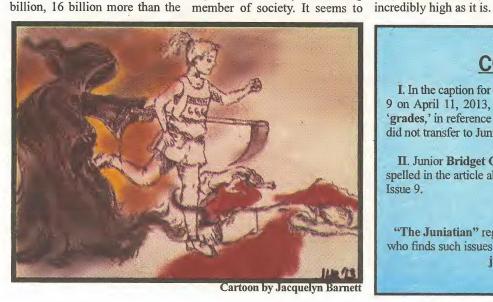
next 13 top world spenders on me that this should be one of the priorities, as the future of the nation will eventually rest upon the shoulders of the children passing through the public school system. These children will also one day have to compete on a global level with people from all the other countries around the world, and will need to be properly educated to do so.

Despite the obvious importance of education to the future of the United States, within it's own borders and globally, the fact remains that only 3 percent of the government's money is spent on educating the youth of the nation. Now it would be one thing to say that no more funding is needed if the children of the United States were ranked very highly in education, but the United States found itself ranked 17th globally in 2012.

For a country that is a powerful world leader, it seems that the nation's children are not receiving the benefits of a first class education that they

The benefits that could come with increasing the country's investment in the education system are incalculable. I say this because it is impossible to know what exactly the improvement of education would enable children to do, but I believe that every mind has the potential to do great things if given the chance. As an old saying goes, a mind is a terrible thing to waste, and the education system today is allowing many young minds in its care to waste away. It is not surprising that teachers who are forced to work in overcrowded classrooms while simultaneously being underpaid are not able to give all of their students the resources needed for them to be engaged and encouraged to learn.

When it comes down to it, the reality is that if the government decides to allocate a portion of its budget to a particular program, it must take away potential funding from its other programs. The only reasonable way to decide how to allocate funds is to see where the money will do the most good for the country. It is my mentality.



CORRECTIONS

I. In the caption for the study abroad controversies article in Issue 9 on April 11, 2013, the word 'credits' should be replaced with 'grades,' in reference to Maggie Burkett's grades from abroad that did not transfer to Juniata.

II. Junior Bridget Canning's first name was accidentally misspelled in the article about her business "Cool Beads" on page 9 of Issue 9.

"The Juniatian" regrets these mistakes and encourages anyone who finds such issues in the future to document and report them to juniatian@juniata.edu.

Close ties and goodbyes



I must have been frowning, because every person I knew who happened to be passing by the pool table at Muddy stopped by the couch where I was sitting to ask if something was wrong. In reply, I did not move but only smiled and said that everything was fine. I knew deep inside that I was lying a little, but how could I account for feeling sad over something that I could not pinpoint?

"You've been glancing at your watch quite accurately at twominute intervals for the past 30 minutes," said an unknown voice belonging to an unknown guy who sat himself next to me. I didn't reply, waiting for him to introduce himself. In return, he got up as quickly as he had sat down and said: "It's pretty common towards the end of the semester, but don't let it get to you. Enjoy it while you can. It's only three months anyway." He then walked out the door, leaving me with the realization that my sadness was a result of having to leave Juniata for the summer.

I remember that it was just a week ago when the arrival of spring was one of the main concerns in conversations. All of a sudden, the trees started glowing in

pink and white and flowers started blooming in the most random places imaginable. The sun finally decided to show up more than just an hour a day. People started settling on the quad between classes and everybody seemed to be generally happier than they'd been under the grey cloudy sky. Everybody except me, that is.

The general belief across many cultures is that spring is a season of rebirth. This is because nature seems to awaken or rejuvenate itself from the frost of the winter season. I, however, was looking at this concept from a different angle. Ironically for me, winter was rebirth while spring is the death of all things pleasant. In January, I had come to Juniata and started a new phase of my life filled with the excitement and curiosity for a firstyear, international student. Now that I had finally settled in and made friends, May is right around the corner, as are final exams and the last day of school, while my flight tickets back to Dubai are sitting in the desk drawer.

Yesterday was exactly one month away from the day of my departure from the State College Airport. Of course I miss my parents and friends back home, and I am counting the days until I get to see them again. However, every day that brings me closer to them is also pushing me further away from the family of friends that I

▶ see GOODBYES page 10

Swiger produces lasting memories Digital Media Studio loses most experienced member

By ALEXIS WAKSMUNSKI

She does not get the credit she deserves, but those who know senior Kelsey Swiger cannot stop praising her. As a media arts production student, Swiger has been producing films and videos for Juniata since she arrived on campus.

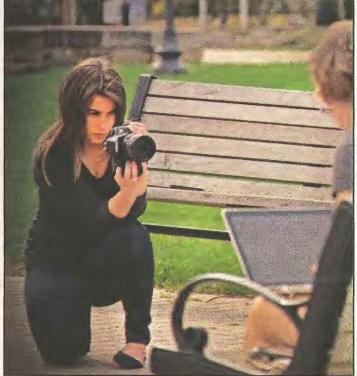
CAMPUS SPIN

Swiger wants to, someday, be a professional producer of short films and documentaries, and has been working for the Digital Media Studio, or DMS, since her first semester as a freshman.

"I think that Kelsey is an extraordinary student. It will be very exciting to see what she does after graduation," said Carol Peters, director of the Writing Center. "She is highly motivated, but she has also gained a breath of experience at Juniata and an unusual amount of responsibility."

"Technically I have three jobs right now in two different states, all in the digital media field," said Kelsey Swiger. "I work for the Digital Media Studio as a producer, I do the 'This Week at Juniata' video series, and I also do a continuation of my internship I did in summer 2012 as an assistant producer in Fairfax County Virginia on Channel 16 Cable Communication Production Division."

Swiger's work as a producer at the DMS is a part of an independent study program here at Juniata, while her job as producer of "This



KATE SMITH / JUNIATIA

Senior Kelsey Swiger, a media arts production student, has been working with Juniata's Digital Media Studio since her freshman year.

Week at Juniata Video Series" is a Juniata Associate position in the marketing department.

"She is creative, reliable, persistent and the work she does is very high quality," said Gabriel Welsch, vice president for advancement and marketing.

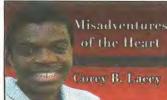
Faculty and students alike are

impressed with Swiger's work.

"She is a good team leader and she is very motivated in what she does," said senior, Monae Dewitt, who has worked with Kelsey in the DMS. "She works crazy hours because she wants everything to

see SWIGER page 10

Summer lovin': how to keep in touch



The end of the semester is approaching. The weather finally matches the season. The campus is full of life as you pass people playing volleyball on the quad, laying in the grass and sunbathing in the warm climate. Final tests and papers are on the horizon, procrasbut you tinate anyway. It's almost right? Hopefully, you got that amazing summer internship/job, are travelling for a summer study abroad program or doing some cool volunteer work to pass the long four months. No cares in the world as you earnestly wait for summer.

Looking forward to no classes, no homework and of course home-cooked meals, the summer season is a time for plenty of amusement. Either in a relationship or not, summer is ideal to build connections or enjoy yourself. Summer is your vacation, so take advantage of it.

If you have a significant other and live close enough to visit or stay there over the summer that is perfect. The rest of the Juniata population is probably not as fortunate. Yet, there are many activities you can attempt.

Singles do not worry. You can also appreciate these special trips.

Pricing can vary at some of these places, so set aside funds prior to the trip or talk to your friends about covering your portion. I have found these suggestions to be common

among most people.

Single or not, summer is lovely for everyone. Couples and non-couples alike can take advantage of this wonderful time. Maybe you will discover interesting traits about your romantic interests that you did not know before summer. Listed below are some handy suggestions that you can do with or without a companion:

Amusement Parks: Amusement parks are fun if you are a thrill seeker. There are multiple amusement parks to gain an exhilarating experience. Six Flags, Kings Dominion, and Hershey Park are some locations that you could go to have a great day with friends or a significant other. I am not a huge rollercoaster fan so I usually spend my time in the water park section.

If you can plan a road trip, I would suggest going to Water Park Country USA, located in Virginia. I went there last summer with a group of friends and the park was filled with nothing but water tubes and slides.

Amusement Parks will try to attract you with cute novelty items and souvenirs so have some money set aside. Amusement Parks offer risky activities for couples to challenge themselves and if single, you could find someone with shared interests.

Plan a beach getaway: This is the most common activity to do over summer. Go to a beach with your special someone or a group of friends to a nice sandy location. If you have not had the time, money or transportation to get there, summer is ideal to plan a beach misadventure.

Beach trips can be cheap or expensive, depending on the

time of travel and your choice of beach.

The payoff of being under the bright sun in comparison to lying on the quad might be a bit different. Also, at the beach you could surf, scuba dive, jet-ski and other fun water sports. There is nothing quite like a sunset at the beach cuddling up next to your boo, or a potential boo. Need I say anything more?

Camping: If you are an out-doorsy person, I highly recommend camping out for the summer. I am not a big fan of nature, but I think it would be a cool experience for everyone to try. Camping can also be a cheap activity depending on where you go. Imagine making s'mores at night, sitting around a campfire and looking at the night sky.

Also, this is another romantic spot for couples and singles while sitting around a campfire sharing intimate stories. You can go camping plenty of other times in the year.

On the other hand, sleeping out in extremely cold weather is not fun, unless you are a hardcore outdoorsy person or a Madrigal tenter. I think it will be nice to attempt camping once in your life. Try it with some friends and let me know how it goes.

Travel to a Major City: New York City, Washington D.C., Philadelphia and other major cities are great places to go on the east coast, if you can afford it. Luckily, having a job or having friends/partner that can assist you is nice as well. The summer will be an ideal time to travel and spend a weekend to explore one of the United States' cities.

▶ see LOVIN' page 10

Fala finds her melody



Dr. Grace Fala is the first professor to begin our interview by asking if she can sit directly next to me rather than with her office desk between us. I had heard of this little communication trick before, but as I sat and talked with Grace, I gained confidence that, although she is a trained communicator, there's no artificiality to this request. Grace really wanted to connect and get to know one another over the next 20 minutes.

I clung to my notebook of prepared questions, just in case the conversation needed some direction at the outset, but I quickly realized there was no need. With a gracefulness befitting her name, she took me on a journey into her past: one that is defined by learning, music, family, profound connections to other people and the search for a safe place.

"My brothers and sisters had a nickname for me growing up," Grace said. "They often referred to me as Phyllis, because I was always being philosophical."

Defined by her self-professed love of depth and creativity, Grace pursued courses in philosophy in college.

"There was nothing that I was reading that wasn't encouraging me to read more," she said of her eagerness to learn. "I thought, 'I could live here ... I could live in this realm of depth."

And, though Grace lived for

depth and philosophy, she admits that teaching was not on her mind when she decided to pursue an advanced degree. What was on her mind was the need for a safe place as a gay woman in the 1980s.

"At the time I saw higher education as one of my only places of refuge. Where could I go in my life?" Grace continued, "I really needed to work on surviving, because there were a lot of discriminatory practices in our reality at that time."

It was through her graduate assistantship that Grace came to teaching. Here, she found an outlet for creativity, and an arena for developing intuition toward an audience's needs. This skill, however, reaches much further back into Grace's past as a musician.

Grace credits her mother, a talented violinist, as a source of inspiration, or "the mystic" in her life. However, she also served as Grace's live duet partner. In order to help finance her education, Grace played live shows up to five nights a week. She credits the stage as helping her to develop receptiveness toward a crowd.

"Why I think music has been especially instrumental in helping to shape me in the classroom today is because you work with a lot of different kinds of audiences," Grace said, "and you need to learn to adapt ... You learn to read what the audience needs, and that, I think, is the teacher's best skill."

What I find most intriguing about Grace is her definition of spirituality. While most people define the word in a religious sense, Grace sees spirituality as the con-

see FALA page 10

Creator of 'This Week at Juniata' plans to pursue future short-films

▶ from SWIGER page 9

be the best it can be when it comes out."

As a result of her dedication, leadership and hard work ethic, Swiger was selected to produce the "This Week at Juniata" video series, which is a new project this year operated out of the DMS. She coordinates the ideas for the videos with the marketing department to reach current students, alumni and prospective students.

"Kelsey has kind of established herself as the voice and face of the video of the week," said John Wall, director of media relations. "Kelsey has kind of become the host of Juniata, or the Tina Fey of Juniata."

"She has to create a 3 minute video that is professional and news worthy every week," said Wall. "That on top of class is a pretty big order and Kelsey has done stellar

Peters, who is Swiger's advisor, says that she is doing a crazy amount of work, but because she is so reliable, there is no doubt that the jobs will be completed and will be great.

"Kelsey pulls the craziest hours and always gets her stuff done and it is because of the amount of coffee that she drinks," said senior Katie Shedlock with a smile.



Swiger, along with the Marketing Department, produces Juniata's video series 'This Week at Juniata.'

"Kelsey has a caffeine addiction."

Continuing in her goal to become a professional film producer, Swiger has worked with Nathan Wagner, director of New Media Communications, in producing short films as an independent study for the past year. Her first creation was called "Close Call," and will be in film festivals throughout

"This semester I have been working on the most ambitious project we have ever undertaken," said Swiger. "This film is called 'Something Happened,' which is

currently in pre-production. In between the last week of classes and my commencement we are going to be in full swing of production of the short film 'Something Happened.' It is going to be awesome and I am so excited.'

Dewitt, a fellow producer, has been friends with and worked alongside Swiger in DMS since they were freshmen. The duo even lived together during the summer of freshmen year while working at

"She is an inspiration to me," said Dewitt. "I know that as long as she can keep going I can keep going. Who knows maybe someday we will do a film together and we will be famous? She should be proud of the work she has done."

Swiger and Dewitt both received the John S. Molchany Scholarship in Digital Media. This is given to a junior studying digital media as a part of their POE and the award recognizes academic achievement and potential in the professional field of digital media.

As a result of Swiger's applicable work experience, she was offered a full time position in the Fairfax County Cable Communication Production Division where she did her summer internship in

"Fairfax County Government has offered me a full time job after graduation as their communication productions division assistant producer, but what I really want to do is work on a cruise line as a videographer for one or two years," said Swiger. "Traveling was something that I always really wanted to

Swiger's aspirations have evolved greatly, especially since high school.

"Up until 10th grade I thought I was going to Grove City College for psychology," said Swiger. "Then in 10th grade I took a video production class and I fell head over heels in love with it and the adventure of making something come together out of nothing."

Looking back on her four years at Juniata, Swiger is confident that she is on the right path.

"I am very excited because Juniata has prepared me so well for post-graduation," said Swiger. This environment is closer to the actual work environment than most other colleges."

"I know what I want to do and I can't imagine doing anything else with my life," said Swiger. "There is so much you can do to create a story through digital media."

Warm weather wishes

▶ from LOVIN' page 9

This will probably be one of the more expensive trips, but I would rather go to see the Statue of Liberty or check out the Smithsonian than staying in my room all summer.

addition, if you have been to a major city before, this will be the perfect opportunity for you! Major cities usually have a lot of people, for singles, and nice hotels for partners. Don't be afraid to challenge yourself to visit a fun city before returning to Huntingdon for another year.

All of these ideas are dependent on your summer schedule. You do not have to try them all. I would at least want to try to have as much fun as you can, and that you can

Whether you have had a smooth, easy misadventure or a long, tumultuous one, the adventure taught you something about yourself and vour stance on relationships. I hope my column has helped you this year. If not, I am sorry I could meet your expectations. If so, then I am glad to be of service.

I am excited for the summer and the upcoming years to continue on my romantic endeavor in life. Enjoy the time off from Juniata, relax and let your heart take you on a thrilling misadventure.

True friendship survives any distance

▶ from GOODBYES page 9

have grown to love here at the college. Most of my friends reason through the melancholy by telling themselves that they will be back after 3 months and everything will be the same as it was before. But what if it isn't?

Naturally, when I first came to Juniata, the first people I met were international students like myself. A number of them had transferred from other schools, which meant that they were degree students who would be staying at Juniata until their graduation in 2 or 3 years. The majority of them, however, were exchange students who would only stay for one semester. When hearing U.S. students, I was

surprised to find out that many of them do not put a lot of effort into interacting with the internationals. Fortunately, this is by no means due to the fact that they are uninterested in doing so. In fact, the reason behind this fact may be because many of the U.S. students are afraid of the their friendships falling apart with the exchange students who will eventually leave.

Since most of my friends are international exchange students whereas I am an international degree student myself, I completely understand how the U.S. students feel, but I disprove of it greatly. It is natural for humans to want to avoid unpleasant situations which they have control over. However, there are many great things to be missed in an avoided experience. Real friendships are independent of factors such as distance, and sometimes meeting someone and spending time with them, whether an hour or a semester, can be worthwhile and life changing.

Someone once told me that optimism was the way to carry on in life. Although I did not agree with that point of view, I must admit that optimism is my only cure this summer. I will try my best to have a positive stance. I will look forward to seeing my family, reuniting with my friends in the fall, and keeping in contact with those who won't be returning to Juniata. Hopefully, I will start enjoying the beautiful weather of the spring season as well.

Professor "Grace-fully" embraces students

▶ from FALA page 9

nections among people. Above all, she emphasizes that the fulfillment of this form of spirituality takes active listening.

You learn it, you live it, you listen. You listen carefully and closely to the realities of others, and their anguish ... And you can embrace that anguish through heartfelt listening," she said.

"I also do it in my life through hugging," she added.

I came to learn that Grace is an incredibly humble person who frequently reflects on blessings that others bring into her life. She told me about a prayer that she and her spouse, Dawn, display in their home.

"Those who come to our home bless our home for having been there, and we pray that they leave more blessed for having been there too."

Grace shares her home frequently by hosting events for Juniata students. In the unique

setting of an Amish community called Kish Valley, or colloquially, "Big Valley," Grace and Dawn invite students up to ten times a year to enjoy the serenity of their surroundings.

"This hom portunity to get more connected with the Juniata community," she said.

Grace admits that hosting the events are hard work, however, she said, "You come away with a sense of shared joy."

Their home in the Amish village is named "Stone Bridge," in honor of the bridge built by the two women who had lived there originally in the 1960s. Grace credits them for having paved the way for her and Dawn's residence there.

In order to pay homage to these women, Grace and Dawn set out to build a stone shed of their own. They now more appropriately call it a stone sanctuary.

Each student who visits Stone Bridge walks away with a unique and symbolic gift from this sanc-

tuary. "A small gemstone: a pebble. It's a gift from us to them, because we want to share the magic, the wonder, the history... the timelessness of stone," Grace explained. "There's so much in

Before the end of the interview. I received a gracious invitation to visit Stone Bridge, and I must admit, I am excited at the prospect of collecting my own little pebble.

Despite her being first professor I interviewed without having met at least a day in advance, I left the office feeling as if I had known Grace my whole life. The code of her life, and the striving to make connections, is more than a credo. It is a skill.

There is no doubt that she possesses the skill, but more importantly, she cares deeply about accomplishing its end. She certainly accomplished this end within our interaction, because when our interview was complete, I felt inspired, and somehow different for having met Grace.



PHOTO COURTESY OF DR. GRACE FALA

From the page to the stage: new interactive theatre class Students become playwrights, performances at Standing Stone Coffee Company

By Spencer VanHoose

Playwriting, TH 399, is a new class offered this semester that allows students to write their own plays throughout the course. Student written plays are then read aloud at Standing Stone Coffee Company at the end of the semester.

Neal Utterback, assistant professor of theatre, instructs the course. Students have used this semester to prepare for their readings at Standing Stone.

"We went through a large series of activities designed to create obstacles for the playwrights to creatively overcome. The next portion was to refine that into two ten minutes plays and then one of those gets a staged reading," said Utterback.

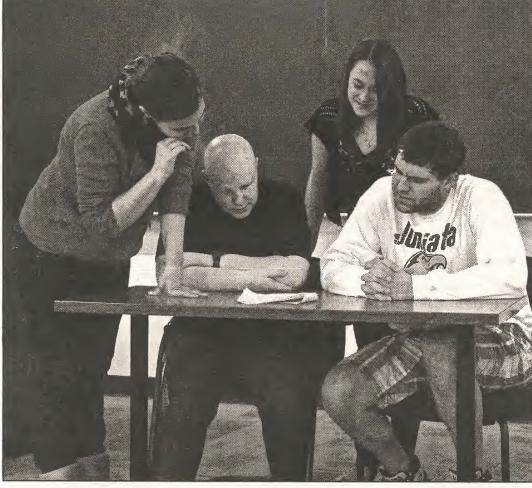
Senior Ryan Edley is in the process of writing his plays. Although the plays are not finished, he has a clear direction for his story.

"The one is about North and South Dakota and some billionaire going in there and trying to make it one Dakota," said Edley.

Edley believes the skills taught in the course are beneficial to his future.

"I've never really written [plays], so I thought it would be an interesting thing to learn about," said Edley. "I've always wanted to be an actor but writing, I always wanted to try it and I took this class and I really like it, so it's a definite possibility in my future."

The students decide which plays will be publicly read. Each student chose a theme relating to his or her play. Utterback uses these themes to design his class exercises according to the students' selected genres.



YAN TRITSCH / JUNIATIAN

Senior Ryan Edley, junior Emily Evey and freshmen Alexandra Hanbury and Bryanna Kifolo read over a classmate's play to help prepare the play for its final reading. The class will read their plays aloud at Standing Stone Coffee Company at the end of the semester.

"Some of the exercises are geared toward comedy; some are geared to mysteries, so it's really about what they as artists gravitate toward," said Utterback. "It's to help them find their voices."

Senior Sara Deppenbrook is one of Utterback's students. The inclass exercises have helped Deppenbrook create her plays.

"One thing was how you get information out without someone just telling it straight to you," said Deppenbrook. "Neal would say, 'Okay well you got to have a discovery from a particular character, but they can't reveal certain things,' so he would make guidelines as to who is giving out information and that was really helpful."

Deppenbrook's play is categorized as a tragic comedy.

"Having everything or having nothing is sort of the theme," said Deppenbrook.

Sophomore Megan Smith based her play off a conversation she had with her boyfriend about Star Wars. The exercises also inspired her to excel throughout the playwriting process.

"I think they gave me a new challenge for the pieces I was writing, which allowed me to think about my writing in a new way," said Smith.

Smith encountered additional challenges in the playwriting process.

"Editing has been the hardest part because I find it so hard to sacrifice certain themes that I become attached to while writing," said Smith.

The readings at Standing Stone are more informal than the average public performance.

"The actors for these plays won't have a lot of rehearsal; they'll be reading from scripts at a music stand so it's just hearing the play aloud through an actor's voice. It's not a production," said Utterback.

The readings are for the playwrights so they can see their play in action.

"It's the end of this process but really only the beginning of the next process," said Utterback. "So ideally in front of the audience and actors the playwrights can recognize what works and what doesn't, how the audience perceives this work and then ideally they'd go back and rework and rewrite and hopefully some of them pursue staging it in an organized fashion."

Any student in or out of the theatre discipline is eligible to take the playwriting course.

"There are also a number of non POEs in the class, so we also look at dissecting plays of how they're structured, what they playwrights have done mechanically to create the hopefully intended response or reaction," said Utterback.

"It really helps knowing the

▶ see PLAYWRITING page 12

Fiction faves for lazy summer afternoons



With nine of these articles under my belt, you'd think I would have an easier time figuring out what I'm going to write about this time. But as Critical Reading comes to a close forever—unless someone else rises up to fill the bookless void next semester, hint hint—I'm still just as stuck as I've always been. Sometimes you just have to get writing and the words will come to you as you work.

I could use this space to talk about how this little corner of the "Juniatian" has helped with both my writing and my perceptions of it, but no, let's talk about books instead. Summer is approaching, and we will finally have some time to sit down and read whatever we want.

Here's what's going to be on my reading list.

First, I've been taking a look at T.H. White's "The Once and Future King," a modern retelling of the King Arthur myth. I don't know if anyone remembers the old Disney movie "The Sword and the Stone," but it's based on the first part of this book. The book, of

course, is much less silly than the movie, though it has its moments, and goes into all the pathos and tragedy of Arthur's rise to king and eventual downfall.

Second, I've been reading a lot of classic detective fiction. I wrote a whole column on that a while ago, but let me reiterate-detective fiction is one of the best things to read on a lazy afternoon, just casually passing the time. While I generally prefer British detectives such as Sherlock Holmes, Hercule Poroit, and Lord Peter Wimsey, I have been enjoying the adventures of Philip Marlowe, a noir-style detective from 1920's Los Angeles. I may have cleaned out Beegnly Library of classic detective novels, but once I get home I will definitely be taking some trips to my own library. Sometimes half the fun of going to the library is discovering new authors and books I never would have thought I could enjoy.

More classic fiction that I have not yet written about includes Alexandre Dumas's "The Count of Monte Cristo," which I have not gotten around to reading yet because I've been looking for a good translation. From what I've seen in adaptations, though, it has just as much adventure, suspense, drama, and romance as Dumas's other famous novel, "The Three Musketeers." It's about a guy who's betrayed by his friends and sent to prison. He later escapes, gets a

huge fortune and a new persona and returns to take revenge—good, fun stuff.

Another good book I want to recommend is Bram Stoker's "Dracula," which-no, wait, it's actually good! Don't worry; it's nothing like "Twilight." This is classic vampire fiction, and it has all the horror, suspense, and mystery you could want. There's a reason the character of Dracula is a classic archetype, after all, and on top of that, the rest of the characters are also enjoyable and entertaining. The language is a little hard to get into, but the story is gripping, and makes me wish that "Iwilight" wasn't the accepted model for vampire fiction these days.

And what about my favorite genre, fantasy? Well, I do have an autographed copy of Peter S. Beagle's "The Last Unicorn," a postmodern fantasy novel that has been a huge influence on my own writing. I will be rereading it when I get home, and I cannot recommend it enough. I am also searching for Neil Gaiman's graphic novel series "The Sandman," which is about the King of Dreams escaping from human captivity and reclaiming his kingdom. Unfortunately, there has been a lack of the traditional fantasy novels that I enjoy recently; I've been getting

▶ see READING page 12

Songs that last all summer



While spring is here and flowers are getting ready to blossom, summer is just around the corner! With only a few weeks of school left, here are some tunes to get you through the transition. The songs are composed of classic summer hits and some of my own personal favorites. So enjoy and get your summer rolling.

The first song is, "Scarlett Begonia" by The Grateful Dead. This song is very upbeat and has a great bass line, and with lyrics like "as I was walking down rub a dub square" a good time is guaranteed. I like a lot of The Grateful Dead music because it is reminiscent of the '60s and the '70s as well as a sense of letting go and having fun, which goes hand in hand with summer.

· If The Grateful Dead is a bit too hippy-dippy-trippy for your taste, then something more contemporary might be your thing. Foster the People is a band that has been blowing up the airwaves the past two summers and "Pumped Up Kicks" is their anthem.

It has a low sultry sound that

reminds you of the summer nights and the lyrics are composed of hooks such as "Robert's got a quick hand, he'll look around the room won't tell you his plan, he's got a rolled cigarette, hanging out his mouth, he's a cowboy kid." By the time the song is done, you will remember it because it is so catchy.

Next up is "crazy" by Gnarls Barkley. The song opens with a beat that drops in and a reflection by the lead singer about when he

If The Grateful
Dead is a bit too
hippy-dippy-trippy for
your taste, something more
contemporary might
be your thing.

lost his mind and how it wasn't all that bad. He actually welcomed it because it was pleasant. It is a song that makes you wonder if you are really crazy or just living a different life style than what people are used to. This follows in the footsteps of the free and easy living themes of summer.

Another hit always on my summer playlist is "California Love" by 2Pac. You can hear a police whistle in the background of the

▶ see MUSIC page 12

Top tunes for summertime fun

▶ from MUSIC page 11

smooth lead vocals until it breaks from the intro and into the first stanza of lyrics. I'll be the first to admit rap isn't my go to music choice but I do love some 2Pac as well as A Tribe Called West, Biggie Smalls, and Wu Tang Clan. This is a song you want to listen to while laying out in the sun or driving down a back road with the windows down.

Almost any song by the Yeah, Yeah, Yeah's will always be on one or more of my own playlists for the summer. Their song "Maps" is the perfect kind of song for laying on your porch swing and feeling the breeze as you're waiting for your friends to come by or just getting a peace of mind. The guitar work is excellent, and Karen O's voice is so melodic and eccentric that it is just the perfect background music for any summer night.

Jack White is always great for any time of the year but especially the summer. "Freedom at 21" has it all-just take a look at the music video. Great guitar, a catchy riff and interesting lyrics all make it a song you can drive all day and all night to.

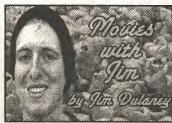
Patrick Sweaney is a musician you might not have heard of. He plays music that is deeply rooted in the blues and for a lot of his albums he has collaborated with Dan Auerbach of the The Black Keys, who has also helped produce and record his records. The song "Them Shoes" by Patrick Sweany is a song I love and will

listen to until the sun comes up. He sings about being a realist and accepting yourself for where you are in the here and now. His lyrics gravitate towards moving on and moving forward when you might feel like something is about to give- exactly like the sensation we all feel when transitioning from the long school year to the sweet and easy lifestyle that awaits us in the summer. I recommend you give this one a listen on your way back home, nothing like a bit of the blues to keep you trucking along on a drive.

The last song I will share from my collection is a song that is one my favorites. "Nice Train," by The Donkeys is a song that describes being in one place and moving onto the next. It describes a scene from the perspective of the lead singer, who talks about how his friend lost his cellphone in the pool table, and having to be at an art show that he didn't want to see.

The lyrics and the tune and rhythm of the song create a great anthem about not having enough time for yourself. The one part in the song describes this perfectly by saying "we all just need a little time for magazines and drinking wine." After all isn't that what summer is about? Seeing friends, listening to music, working that day job, and having a little time to come home to yourself every night. I hope this music kicks off your summer the right way like it does for me, and I want to thank you for an awesome year writing, sharing, and talking about music with the Juniata College campus population.

Summer flicks: hot blockbusters, cool AC



You cannot walk outside nowadays without summer break being dangled before your nose like some kind of herring on a string. People are out, lawn mowers are humming and the smell of barbecue is wafting through the air. It makes you want to go outside and never come back in.

But, not for long. Classes are going to let out and eventually, you're going to go home and no one is going to be around. It is going to be hot and sweaty outside and you will have nothing but time on your hands. Or, you're going to have a summer job and besides a few sparse hours every night, your days are shot. So, you might want to watch some movies over the summer.

Fortunately, this is the most conducive time of the year for film watching. Summer time and movies go together like hamburgers and French fries or wintertime and movies. It is the time of summer blockbusters, public screenings and overly air-conditioned theaters.

Since film became a popular pastime, people have wanted to escape the languid summer by going to the movie theater. In the 1930s, theaters were air-conditioned, while pretty much nowhere else was. Naturally, people would be more than willing to slam down

ten cents to slip into the dark coolness of a crowded theater. Movies back then also came with a long array of coming attractions, cartoons- for instance, "Looney Toons" or "Mickey Mouse-" and newsreel films.

It was essentially an event; my grandmother fondly recollects boarding the bus and going to the Tower Theater in Philadelphia, at a time when it didn't just sell overpriced tickets to see old rock stars, and spending entire afternoons in the cool darkness of an old-fashioned theater. Going to the movie is usually no longer a day-maker, but maybe some summer block-busters can bring you as close to that as possible.

When "Jaws" was released in 1976, lines for admission extended around the blocks at movie theaters, hence the neologism that now occupies the movie-consciousness every summer. Last summer had the release of "The Avengers," a blockbuster if there ever was one, and a movie makes you want to ask, "why isn't every movie this huge?" The thought passes, it's not really even that good of a movie, but that's an apt mindset to get in before going to see a big Hollywood movie.

This summer will bring a number of ridiculously big movies with big stars from a bevy of famous franchises. The new film "Oblivion" starring Morgan Freeman and Tom Cruise is the honorary kickoff to this year's blockbuster season, but many colossal names are coming soon. "Man of Steel," a Superman re-boot, will be released June 14 and is getting hype as what could be the first good Superman

movie in years. Other major franchises releasing new installments will include "Fast & Furious 6," "The Hangover III," "Iron Man 3," "GI Joe: Retaliation" and "Star Trek Into Darkness." Some of these are films that I won't be trying to see, in theory, but most of the fun of walking into those huge movie worlds is doing it on impulse with some friends on a sweltering day.

If those aren't exciting, there are plenty of older movies, either archetypal summer hits or movies about summer to satisfy. Try "Jaws," "Do the Right Thing" or "The Dark Knight," for instance. Maybe "National Lampoon's Vacation;" the list is endless. Turn it into a drinking game and the opportunities for fun are near infinite.

If staying inside for all of this fun seems a little too constricting, though, there are ways to take it outside. Drive-in theaters still exist, even if a lot of them try to market themselves as little oases of nostalgia, and are cheaper and definitely more fun than sitting in a theater.

For an even more communal experience, most cities and towns will have public outdoors movie screenings throughout the summer and they are a blast. Or, if you want to get really creative about it, you can put on your own. SF Zero, a web-based "in real-life" game collective in San Francisco and Oakland offers a challenge called "Drive-In" that encourages players to get a screen and projector and set up their own free public movie screening.

Enjoy these movie options and enjoy the quickly-coming summer break.

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Great stories found in pages of books old and new

▶ from READING page 11

my fantasy fix from video games for a while now. Maybe another trip to the library will help with that. In case you haven't noticed, I love libraries.

I really hope that these suggestions, and the ones I've made before, have helped you find good books for your summer reading. I love reading, but more than that, I love stories. Books have taken me places and shown me things that could never exist in real life. I know that most people nowadays prefer TV and movies and video games to reading books, and

that's okay, as long as it helps you experience stories you love. If you love to read, though, don't give it

66

The written word will live on, maybe as the only medium where one person alone can create an epic that people will read for years to come.

99

up. The written word will live on, maybe as the only medium where one person alone can create an epic that people will read for years to come.

To conclude: Whether you have been reading these columns all year or only just glanced through this one, and even one of my reading suggestions has been something you've discovered and enjoyed, I consider my job here to be fulfilled. Someday I too hope to make stories that can change people's lives, but for now, I'm happy recommending authors who write better than me in every way possible. Maybe someone will help publish me if I praise them enough.

That was a joke. Mostly. Thank you for reading.

Course teaches about essence of a theatre major

► from PLAYWRITING page 11

technical aspects of the writing. The technicalities are what I really took away," said Edley. "I'm more of a creative person and this is a good way to get all my creativity out on paper."

The class not only teaches students how to write plays but also ties together the essence of being a theatre major.

"Our mission is looking to create total theatre artists who are empowered to create their own work in any number of ways," said Utterback. "Opposed to just the actor that goes out into the world and auditions and that's sort of their only tool in their tool box, that they just audition and if they don't get the job and that's the end of the day. And a lot of actors work that way, but if and when the actor doesn't get the audition, what do they do? You've got to create your



YAN TRITSCH / JUNIATIA

Freshman Holly Souchack and junior Emily Evey work on their plays.

own opportunities so we try to give them any number of ways of how they might be able to do that

so their never solely at the mercy of some other producer or director hiring them."

Golden hours could help Juniata's athletic performance System benefits student-athlete time management and team chemistry

By STEPH PAGLIARO

Many colleges and universities around the country implement a system, known as "golden hours," which allows student athletes to better manage time between athletics and academics.

"The golden hours means that it's basically reserved for athletics. There aren't any conflicts with academics," said head volleyball coach Kevin Moore. "That way, teams can practice, train and do whatever they need to do without conflicts."

Many schools that use golden hours devote a period of time in the gym and weight room to athletes only. They also have specific times when classes end so athletes don't have to worry about missing practice. However, all schools have their own way. "Every school kind of does it differently," said Moore.

This system is mostly implemented at larger schools where there is more of a focus on athletics. "Some schools have them and some schools don't. We are one school that doesn't. Many Division I schools will have them, and even some Division III schools do also," said Moore.

Many coaches see benefits in using the golden hours. "I think it's really good in the sense that athletes can get in the gym and get out quicker," said head strength and conditioning coach Doug Smith. "Unfortunately, what we do with

our athletes here is bring them in at six in the morning."

"I think this would be an easy way to be fair. However, it would take everybody working together- athletic and academic departments," said Smith.

Juniata's Faculty Athletic Representative Randy Rosenberger has a role devoted to minimizing conflicts between athletes and professors. "When something comes up that puts a student in a difficult position between a professor and a coach, I'll weigh in and try to help. It's sort of like a mediator role. I think the intent is to protect the student to the extent that is possible. When a student gets put into this position, there is a bit of a power imbalance and they sometimes have to make difficult decisions."

Rosenberger thinks the golden hours are great thing for the entire campus. "I like it not just for athletes, but campus wide. It sort of protects that time for students for other things. Athletics is just one of the extra-curricular activities in which students engage," said Rosenberger. "I think people are just generally busier today. It's nice to have some amount of time protected."

"This kind of a system would be awesome for student athletes. Playing a sport, even at a Division III school, is pretty much a parttime job. It would make students' lives so much easier and make fewer conflicts," said head field hockey coach Caroline Gillich. For coaches, it can be frustrating to have students missing practices often. "It's very difficult to run a practice the way you want it to work when you have critical players missing," said Gillich. "Sometimes, the critical players are the most active and most busy. Missing those players really affects what you can and can't do. It's hard to develop and execute ideas, and it's usually not easy to make that up."

Many student athletes also see the golden hours as being beneficial. "It would help student athletes manage time better. It's a big change to go from high school to college anyway, let alone adding a sport to that," said freshman football player Charles Sweigert. "Not only do you have practice, but putting in work during the off time with lifting and working out."

"I think working out a schedule would help athletes. It would also benefit non-athletes who work out and use the gym. I'm sure it's also tough for them to get a work out in when there's an entire team in the gym taking up space," said Sweigert. "It would free up time for everyone to focus on academics as well as working out."

Students who have POEs with afternoon labs have an especially tough time balancing practices and classes and missing practices often becomes common. "I miss a lot of practice, mostly because of labs. Providing more labs in the mornings could help fix this. But

I feel like we have limited times of classes because we're a small school," said junior baseball player Mario DeYulis.

"I definitely agree with having time in the gym devoted solely to athletes. It would be nice to get lifting and everything done without worrying about waiting behind other students," said senior field hockey player Janelle Howard. "It could also give students more time with the trainers. It would be really effective."

While the golden hours can be beneficial, it can also be controversial. "It's kind of a controversial thing. I don't know how many schools actually publish that they have it. For some schools, it may be more of an unwritten rule," said Moore.

Howard noted that she did not think the specific class hours would be necessary at a small school like Juniata. "I feel like going to a Division III school is mostly focused on academics. To me, what I'm studying is more important. If I need to miss practice, then I need to miss practice. But it really depends on your focus and what your intended profession is."

While Juniata does not have any of these established rules in place, multiple coaches and students noted that there is almost an unwritten standard.

"At Juniata there is certainly recognition that there is a general time frame between four and seven when more athletes are practicing," said Gillich. "It's certainly not a sacred time frame. There's still going to be meetings and other required things going on. I think the faculty really tries to help out athletes by working around this. It really comes down to different people's schedules and what they can work out."

Rosenberger agrees that most professors recognize this time frame. "Most faculty know about the general time slot and they are careful about scheduling around that. It's kind of an unwritten rule, but this system would formalize it. It would be easier if we did have a specific rule to point to when there is a conflict."

While many coaches like the idea of the golden hours, some think it would not be necessary here at Juniata.

"It has been discussed, but I don't see Juniata using it. Juniata has a reputation as an academic institution. I think the academic demands and needs will always be greater and more valuable," said Moore. "However, even despite our limited resources, I think what the staff here has shown a commitment to is making the most with what we have."

With or without golden hours, juggling athletics and academics requires time management. "It's very difficult. There are only 24 hours in a day. Time management is one of the challenges of being a student athlete and it's extremely important," said Rosenberger.

Big Five awards celebrate past year 17th annual Mailand McIlroy Athletic Banquet

By Jarrett Levesh

As another year at Juniata comes to an end, the 17th annual Mailand Mcllroy athletic awards ceremony is scheduled for May 5.

The ceremony is named after Mailand "Mac" Mcllroy who worked for the "Huntingdon Daily News" for 41 years and was the sports editor for 37 of those years. He was a friend of many Juniata coaches and athletes during that time.

The awards ceremony is a time for all the athletic teams at Juniata to get together and reflect upon the past year.

"It's the one time we get together as an entire department to honor the successes of all our teams and recognize the individual accomplishments of many," said athletic director and men's basketball head coach Greg Curley.

This event is highlighted by the presentation of the Big Five awards. Five of the top athletes at Juniata both on and off the field will be honored with one of these prestigious awards.

The five awards are the Stanford Mickle Award, the John E. Blood Award, the Charles Bargerstock Award, the Carolyn Stambaugh Award, and the William R. Smaltz Award.

The Stanford Mickle Award is presented to the male athlete who has contributed to Juniata athletics the most over his four years here. This is Juniata's oldest award and was started in 1947.

The John E. Blood Award was

first given in 1976 and is presented to the athlete who has earned the highest grade point average while also portraying outstanding athletic ability.

The Charles Bargerstock Award is presented to the female athlete who has made the greatest contribution over her four years at Juniata. This award was first given in 1977.

The Carolyn Stambaugh Award was first presented in 1987 and is earned by the senior athlete who has a winning attitude, self-confidence, concern for others, a high sense of values, and an overall enthusiasm for life.

Finally the William R. Smaltz award, described by Curley as "kind of the Juniata award, hard work and perseverance, someone who embodies all that is good in Juniata athletics". This is Juniata's most recent award, first given in 1996.

Each one of these awards is named after former coaches, athletes or supporters of Juniata, each of who meant a great deal to the school and the community.

These five awards are said to be the most impressive athletic awards Juniata has to give. "Those are awards that people will talk about for years to come," said Curley. "You are put into a group that is pretty special, the best of the best, the people that stood out."

These awards are voted on each year by the coaches of the Juniata sports teams. "We send out the standards for the awards, coaches

nominate athletes from their teams and each coach then presents who they have nominated and why they deserve the award and then we discuss," said Curley.

Choosing the athletes is a hard and often emotional process. "There are many deserving athletes. Often the meeting is pretty passionate and people get emotional," said Curely.

The athletes at Juniata understand the extreme honor that comes with these awards. "It would be a great honor, to be named one of the top athletes at this school," said senior baseball player Ben Mersky.

"It is really such a great honor because there are so many great athletes that come out of Juniata, which is surprising for such a small school," said senior volleyball player Kelsey Fuller.

Noah Walstrom, a senior on the football team, agrees with Mersky saying, "It would really be the icing on the cake, to earn something like that from a great place like this."

There is a large pool of talented seniors this year, many deserving of these awards. "There are so many great athletes in the running," said senior women's basketball player Jordan Speck.

Fuller feels there are a couple players who stand out: "Alex Raymond is a huge candidate, he is such a well rounded person and player. He represented Juniata well both on and off the court."

▶ see AWARDS page 14

Eagles power rankings Women's tennis tops spring teams

By CHRIS BEALL

The spring sports teams have been battling their way to some pretty impressive seasons thus far. Each team has had their share of wins and their share of great individual performances. The spring has seen its fair share of Players of the Week honors, broken records, playoff berths and many wins. Here is a ranking of the top teams of the spring.

Women's tennis

The women's tennis team is having a great season thus far and takes the top spot in the power rankings. They have had one of their best seasons in recent history. They have a record of 13-5 and have tied their highest single season win total in school history. It is also the first playoff berth since 2008-2009. They currently sit in fourth place in the Landmark Conference. "It has been a pretty good year. Coach Cohen has had a really big influence on us in his first full year. We want to break the record for most wins in school history and carry that momentum into playoffs," said junior Megan Phillips.

Track

The track and field team has come out of the gate running during the 2013 outdoor season. Both the men's and women's sides have some pretty good efforts from a large number of people. The team currently sits in third place behind only powerhouses Susquehanna and Moravian. The team has seen several individuals thrive throughout the season including Player of the Week honors and breaking

records. Angela Shaffer, Katrina Woods, Nate Alter and Justin Clapper have each won Player of the Week honors as Shaffer has been named to the honor twice. Clapper and Woods have broken records along the way. Clapper broke his own record for the hammer throw with a toss of 46.05m. Woods broke the school record for the 5K while running it in an amazing time of 17:55.55."The team feels pretty good right now. We have carried momentum that we had while working on things during the indoor season. I think we really worked on little things that we needed to fix and we feel pretty good about our season," said freshman Jecenia Duran.

Men's tennis

The men's tennis team has done just as well as their female counterparts. The men's team has cemented themselves as a playoff team with their current record of 13-6. This, just like the women's team, has tied an all-time single season high for wins. The team had a six match win streak to help their efforts in achieving a 13 win season. Along the way, two players earned the honor of Player of the Week. They were Brice Morey and Justin Wisniewski. The team currently sits in fourth place as they head into playoffs.

Softball

The softball team has had a decent year with some very impressive performances. They currently sit with a record of 10-14 which puts them in fifth place in the

▶ see RANKINGS page 14

Men's volleyball prepares for trip to NCAA tournament Conference championship earns Eagles first chance at national spotlight

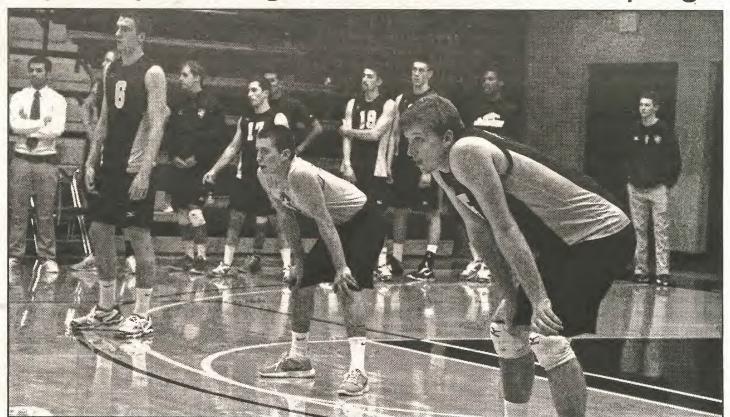
By AAREN SELLERS

After winning the Continental Volleyball Conference championship Juniata's men's volleyball team punched their ticket to the NCAA Tournament. The team will play their first match on Friday, April 26 at Nazareth College in Rochester, NY against the Rivier College Raiders.

"Advancing into the NCAA tournament is pretty exciting for us. It's the first time in program history that we've advanced. The first time for us to advance in just the second year of the tournament is just huge," said Head Coach Kevin Moore. "We're looking forward to heading up to Nazareth and having an opportunity to be one of the top eight teams in the country. And competing for the national championship is really special."

Currently holding an overall record of 24-11 and making history with the program's first appearance in the NCAA tournament, the team has a lot to celebrate about. While wrapping up the CVC tournament Moore was rewarded CVC Coach of the Year while freshman setter Matt Elias was named CVC Rookie of the Year. Junior Ross Madden and sophomores Joe Bortak and Paul Kuhn also made the CVC All-East Division Team.

Despite being covered in awards and accomplishments the team still has a few kinks to work out going into the tournament.



Sophomores Mark Feiler, Eric McCarthy and Paul Kuhn remain focused. After the departure of the teams only two seniors, many of their young players were forced to step into leadership roles. Kuhn and fellow sophomore middle blocker Joe Bortak were recently earned AVCA All-American honors.

"I think some of the challenges that we've faced have been how to combine the talented youth that we have with some of our experience. I think early on there was a lot of competition for different positions and we really didn't settle on a line up until the last three weeks of the season. And I know as an athlete,

that's tough," said Moore. "If there isn't a consistent rotation or consistent pecking order it can wear on you mentally.'

"We don't have any seniors on the team, so a bunch of us had to step up into leadership roles and try to set good examples for the freshman, both on and off the

court," said sophomore middle back Joe Bortak.

"Our play has been a little bit unpredictable. We lost a few matches that we shouldn't have lost but we bounced back and recovered. I think our team camaraderie is at it's all time high and that's what we need in order to reach

our goal of winning the national championship," said outside hitter Paul Kuhn.

"We could communicate on the court a little better. Some players are pretty quiet and some players like to talk a lot. I think we need to

▶ see NCAA page 15

Prestigious senior honors

▶ from AWARDS page 13

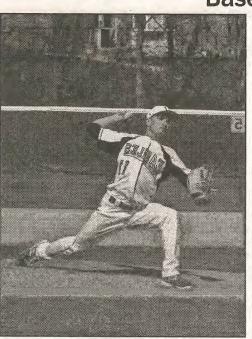
Mersky also knows a few seniors who have what it takes to win a Big Five award: "Julian Valdiserri, one of the best receivers on the football team, Kelsey Fuller senior on the volleyball team, and Alex Raymond point guard on the basketball team all would be deserving."

The awards ceremony has a few other parts as well, including the coaches' favorite when a representative from each team gets a chance to speak about the teams' past season. "It's great to hear what their experience has been this past year from a players view," said Curley.

Finally the ceremony is ended with a highlight film of all the teams. "The highlight of the event for everybody is the highlight film at the end. It's a pretty neat way to end everything. It's great watching everyone waiting to see if they got up there or how many times their team got up there,' said Curley.

Juniata athletics has had a great year and although only five seniors will be honored with a Big Five award this year, every senior should be proud of what they have accomplished. "This just proves that we are in a great spot here and have an opportunity to coach some great people," said Curley.

Baseball





Who's hot and who's not

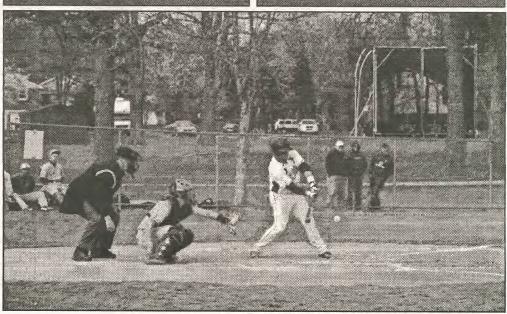
▶ from RANKINGS page 13

Landmark Conference. They have good individual efforts from Kelsea Decker, Aly Smith and Steph Frith. Frith is currently leading the Eagles in hitting with an average of .375, seven stolen bases, and 24 hits. Smith has an average of .318, 2 HR's and 12 RBI's. Decker has an average of .314, 2 HR's and 16 hits. Decker has also earned the Player of the Week honor during the 2013 campaign. Decker and Smith have also been their biggest contributors on the pitcher's mound. Decker currently leads the team with five wins and has 36 strikeouts and a team best ERA of 3.74. Smith has four wins, an ERA of 4.38 and leads the team with 57 strikeouts.

Baseball

Baseball has been struggling throughout the season thus far. They currently have a record of 9-24, which puts them in last place

for the Landmark Conference. While having a disappointing season, many players have stood out while leaving it all on the field. Senior Ben Mersky earned Player of the Week honors this year on his way to hitting .315 with an On-Base Percentage of .415. Joe Sforza has done well with the bat as well. He currently has an average of .310 with two HR's and 23 RBI's. Kyle Pannebaker has shown that he can be a big contributor for the Eagles. He has an average of .385 with two HR's and slugging percentage at an amazing .615. On the mound, the Eagles have been led by Chris Fulton and Mario DeYulius. Fulton has two wins while striking out 18 batters. DeYulius leads the team with three wins this year. Sforza has also been a force on the mound. He leads the team with 23 strikeouts and has also contributed a win to the Eagles.



Juniata Baseball vs. Merchant Marine: 4/20/13 Top left: Sophomore Chris Fulton pitches for Juniata against Merchant Marine. Top right: Junior Nathan Strom pitching for Juniata against Merchant Marine. Bottom: Freshman Kyle Pannebaker bats for Juniata against Merchant Marine.

Top seniors set a new standard for Juniata athletics Fuller, Raymond, Phillips, Shaffer and Clapper end remarkable careers

By DIMITRI Ross

Juniata College has been breeding top-notch athletes for a very long time. This season was no different as five seniors finished up historical careers in their respective sports.

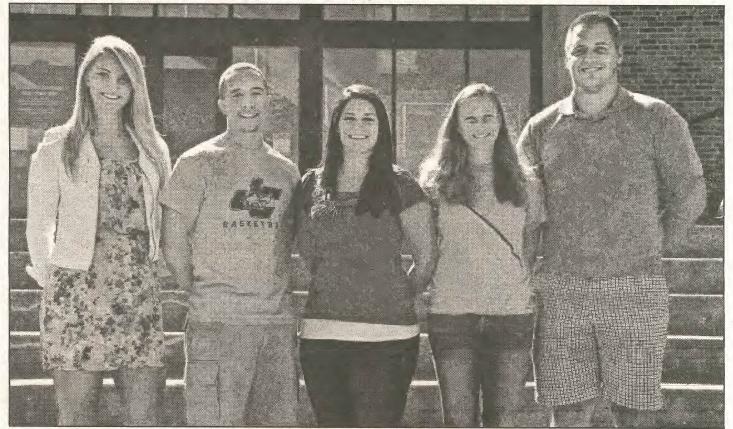
Senior guard Alex Raymond of the men's basketball team had a great career as an eagle. He scored over 1,000 points in his career while also managing to finish ranked second in program history

In his senior season he managed to average 12 points and 4 assists per game. His presence goes beyond stats though. His leadership helped the eagles secure the best record in school history as well as the team's first postseason championship when they won the ECAC South Region title. His presence on the floor will be missed by the team next season.

"Alex was always a guy that we looked to for leadership. Whether it was a preseason practice or the ECAC championship he approached the game with the same amount of focus and that is admirable," said junior forward Lucas Mellott.

"He will definitely be missed. Not only was he always one of our better players, but he was always the hardest worker. He could have a great game on Saturday and be right back in the gym working to get better on Sunday," said junior guard Kevin Snyder.

Fellow senior Kelsey Fuller left her mark on her program as well. This past season Fuller finished with 308 kills and 425 digs. She helped lead the women's volleyball team to the Division III Regional Semifinal where they would fall to Emory. In her four year career she recorded 1,111 kills and 1,242 digs while also receiving All-Landmark Conference honors and helping her team reach the NCAA tournament in all four seasons. She was a constant in the program for four years so her absence will



Seniors Kelsey Fuller, Alex Raymond, Caroline Phillips, Angela Shaffer and Justin Clapper have recently ended their college athletic careers. The five seniors have left their mark on their respective sports. They have all set a high standard not only as athletes, but also in the Juniata community.

leave a void.

"Kelsey has been a good role model ever since I got here. She showed me how to do things the right way as a freshman and I believe that has made me a better player individually. Her work ethic rubbed off on the team as a whole as well," said junior Amy Miller.

"Kelsey is a great player. I am honored to have gotten the chance to watch her play the past couple years. We will all have to step up next year to pick up for all that we are losing in her. That is no small task, but I believe it can be done," said sophomore Catherine Scholl.

Senior thrower and pole vaulter Justin Clapper had a great career as well. While the track & field season is not over yet he is on his way to another great season. Some of his personal bests are 4.26 meters

in the pole vault, 45.41 meters in the discus, and 14.47 meters in the weight throw.

Clapper holds the school record for the hammer toss and has ranked as high as No. 49 in the nation in the discuss throw this season. He also holds the schools second highest discuss throw and the fifth highest pole vault jump.

"I have had the opportunity to watch Justin for four years and he has been special. The thing that is best about him is that he improved every year. A lot of people get complacent and he never did which I salute," said senior Vinny Smith.

"Justin has honestly kept me going. I see him out there and it just makes me keep striving to get better. That's the kind of leader every team needs in my opinion," said senior Corby Hess.

Senior field hockey standout Caroline Phillips is another player who has put together another remarkable season. She finished this season with 24 points as the team finished 9-9 on a three game win streak to finish the season. She also helped the team to two Landmark Conference championships in both the 2009 and 2010 seasons.

"We will miss Caroline's presence a lot next season. She was such a threat and took a lot of pressure off of everyone else. It will be tough to make up for what we lose with her," said sophomore Mikaela Sloan.

"Playing with her for four years was truly a pleasure. I got the chance to watch her grow as I was growing myself. She has been a great teammate and a great friend as well," said senior Jill McNeish.

Senior Angela Shaffer has put

together another incredible season for the women's track and field team. Her season is not complete, but she is on her way to yet another great year. Some of her personal bests are 28.08 in the 200 meters, 9.43 in the 60 meter hurdles, and 1.66 meters in the high jump. Angela recently received her second Landmark Conference Athlete of the Week honor of the season to go with her Landmark Senior Scholar Athlete award.

"I am so proud of Angela as a teammate and as a friend. She's had such a great career and she deserves it. She's always one of our hardest workers so her success does not come by surprise at all," said senior Kelsey Burton.

"She just gives the team energy. She always approaches things with a good attitude so it makes it easy to follow her lead," said junior Rose Lucidi.

Hard work and perseverance takes young team to new heights

▶ from NCAA page 14

find a balance of efficient communication on the court," said sophomore outside hitter Mark Feiler.

Bortak agrees that communication will be the key to success in the NCAA tournament: "We're playing pretty well together right now but maybe we just need to work on communication. We're really kicking on all four cylinders now toward the end of the season and we just really need to keep up the hard work and effort."

"We just need to focus on the little things more. Just push that extra inch, give that extra effort on every single play, whether it is in practice or a game. Support is the best thing for our team and when we support each other we are unstoppable," Kuhn said.

Being the young team that they are, the Eagles have had many players step up this season. "I think everyone contributes in their own way. Some players get the stats and the big kills but some players are focused on defense which helps out the big swingers," Feiler said. "And some people have to try hard in practice to make those who are starting better, so we all contribute in our own way."

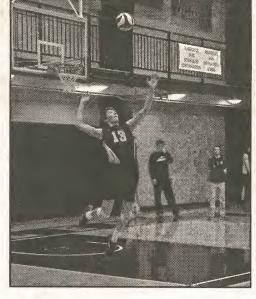
"With the return of some guys from last year, Ross Madden and Joe Bortak, they have really contributed quite a bit to the teams success this year. A healthy Alex McColgin has been probably one the biggest changes from last years squad to this years," said Moore. "This year he has been one of our most consistent hitters and one of the guys we've really been able to rely on, especially these last two or three weeks."

"There's nothing right now that I think we could be doing much better. We're playing great as a team and if we continue what we're doing I think we are going to make it past this weekend and into the tournament," said sophomore opposite hitter Alex McColgin.

Although the season is coming to an end, Moore and the team are maintaining focus just fine.

"I'm very satisifed with the season. But we control our own future right now and hopefully we can wrap it up strong," said McColgin.

"I feel like the hardships that we faced in the beginning of the season have led us to the point that we





Freshman Matt Elias (left) and sophomore Mark Feiler (right) prepare to spike the ball. Elias was recently named CVC Rookie of the Year. The team travels to Nazareth College in Rochester, NY for the NCAA Championships.

are at now. We're in a very good spot going into the NCAA tournament and I'm very satisfied with where we are now," Bortak said.

Moore is doing a good job of keeping the team grounded and focused on the task at hand, which is to return to Juniata as national champions.

"We still have three more matches. As a coach and an athlete you are probably never satisfied. But one word I will use to describe this group is proud. I'm extremely proud of them, when we won the conference tournament you could see the pure, genuine emotion in each of the guys as they went

around and hugged and embraced each other. You could see that this is a group that really cares about each other," said Moore. "At a point in the season when we were at risk of not making the conference tournament they hung together, and they stuck it out and came together to turn the ship around."

Dear Wizard,

I am tired of being lame. Everyone is cooler than I am, and I really want to know how to be like them. What can I do to be cool?

Lame Lame-o

Dear Lame Lame-o,

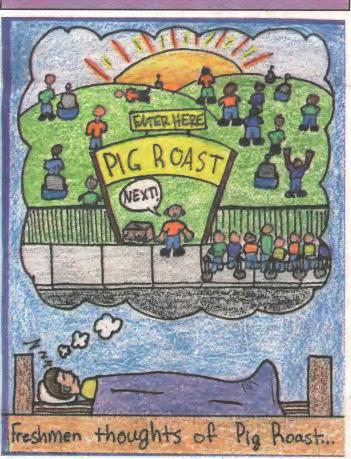
First of all, great name. Second of all, thank you for writing to me about your endeavor. I know it's hard being in high school, and not having the cool kids notice you, but we're in college now. Either way, here's some advice on how to be cooler.

Everyone knows that the coolest kids on campus are the sports kids. Nobody wants to be friends with that kid in the math department. Join the football team since it is the most popular sport on campus. Also, if you join the football team, everyone will know your name. If you're really lucky you'll be picked up for the NFL team, and that would make you mega awesome.

Something else that's really cool is drinking tons of alcohol. Challenge everyone you meet to a shot competition. If you win, everyone will be really impressed. If you don't, you won't care since you're so drunk. There is really no way to lose with this option.

One of the best ways to improve your coolness is to buy to best clothes and listen to popular music. Wear a combination of all styles in order to appeal to all tastes. Quote songs that many people know so that they'll know you know it. Lyrical masters are the bomb, and that's what you want to be. I hope this advice will do you well.

You Friendly Advice Wizard



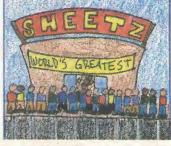
This year at Juniata

By Kungl Atit and Jonah Ruggiero

As the year wraps up, I thought it would be appropriate to reflect on the nine things I've learned about the old Blue and Gold over the course of my freshman year.



One does not simply storm the arch.



Sheetz is the 8th wonder of the world.



Energy drink addictions are real problems...



Everyone is "sick" on Mon-



The mentioning of Blue Books triggers hand cramps.



Labs, 8 hours a week... 1 credit a semester.



One month till graduation apparently isn't a legitimate reason to ask for an extension on that 3-5 page paper.. especially if you aren't a senior.



The door on fifth floor founders actually leads to Narnia... or was that VLB basement?



Don't sign up for every club at Lobsterfest, your inbox will become harder to navigate then the JC website.

Good luck to all of our seniors. We know you will make us, and yourselves, proud. For the rest of you, I can't wait to see you next year.

Stay Classy Juniata

Thumbs up, Thumbs Down



Thumbs up to Celebrity Bartender for giving me blue balls, I never thought I'd ask for those.



Thumbs down to the freshman class for scaring away Juniata's triumvirate: Kepple, Lakso and Hille. Be nice to Troha, kids.



Thumbs up to the senior class gift of a coffee cart for the library. Thumbs down because its not there yet.

